BOOK OF WISDOM
CHRIS COMISH

Copyright © 2025 Chris Comish

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise be copied for public or private use- other than for "fair use" as brief quotations embodied in articles or reviews- without written permission from the author.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your right, the author and the publisher assume no responsibility for your actions.

Cover art credit: Photo © D-Keine at istockphoto.com

www.cityofshamballa.net

This book contains a Collection of Wisdom Teachings written over a period of fifteen years. Topics include the Ascension Process, Higher Self Manifestation, and Connecting to Divinity within.

This book also contains a Holy Prayer, Information about Higher Evolution, a Teaching on Divine Will, Ascension Experiences, Balancing Love and Wisdom, About the Law of One and Ascension, About the Triangle of God's Threefold Flame, About Christ Consciousness, Twelve Strands of DNA Activation, About Achieving Mastery, About Third Density Graduation, About Love and Understanding, About Wise-Compassion, About Service to Others, About Chakras and Frequencies, About Initiations and Ascension, How Outer reflects Inner, Daily Protection Techniques, and much more.

This book also contains an Invocation and Meditation for the Archangels, Prayers and Meditations, Additional Wisdom Teachings, a Discussion of Divine Laws, and a Teaching about the Path of Dharma.

The purpose of this book is to inspire and uplift a mass audience using wisdom to assist the readers to find Divinity within.

Reviews

"Chris is an amazing person with a strong will and unlimited talent. He can do anything that he puts his mind to."

- Neal Parks, founder, Parks Paranormal Research and Investigation, host of the show Paranormally Speaking

"I have no reservations in highly recommending this groundbreaking work from a spiritual pioneer who has made it his life's mission to bring the Light to all mankind."

- Mary Keating, Reiki master, owner and founder of Ai Kansha cat sanctuary

"We have often been told that our society is weak and fearful and therefore escapes reality and uses technological tools like computer and internet to build a virtual reality. Yet, what I found 14 months ago was anything but virtual. Among the many things that I had been reading, one in particular was melting my heart and expanding the amount of Love and Light in it: Chris Comish's writings. Chris' writings convey intense energies of Compassion and Love, Humbleness and Oneness. Chris finds your Heart because he looks incessantly for you, your Heart finds Chris because incessantly you looked for God and His Unconditional Love."

- Luciana, Pennsylvania, U.S.A.

Table of Contents

Dedication

A Prayer to the Creator

Introduction

Chapter 1- Wisdom- A Collection of Teachings

1. A Holy Prayer

2. Manifest the Higher Self

3. Higher Evolution

4. Divine Will

5. Ascension Experiences

6. Parallels in Sayings

7. Egyptian Symbolism

8. Balancing Love and Wisdom

9. Law of One and Ascension

10. Triangle of God's Threefold Flame

11. What is Christ Consciousness?

12. 12 strands of DNA

13. Mastery

14. Glory

15. Christ Consciousness

16. Within

17. Christ-Bodhisattva-Avatar Vow

18. Unity Vow

19. Divine Inspirational Music

20. Soul-trap Theory

21. Sayings of Paramahansa Yogananda

22. Be aware of your Attention

23. The Path of Earth Service

24. The Gospel of Thomas

25. Will

26. Balance

27. I AM Affirmations

28. How to Ascend- A Channeled Message from Archangel Gabriel

29. The New Earth- A Channeled Message from my Higher Self

30. Establish Sovereignty- A Channeled Message from Archangel Michael

31. Burn Away Negativity- A Channeled Message from Master Kuthumi

32. Achieve Peace and Balance on Earth- A Channeled Message from All That Is (God/Source/The Creator)

33. Oneness Affirmations

34. Ascension Phases

35. Merry Christmas

36. Oneness

37. Absorption vs Radiation

38. Kundalini Rising
39. Who am I?
40. Love-Wisdom balance
41. The Soul and the Oversoul
42. A Story of Two Past Lives
43. Are you an Old Soul?
44. Levels to Source
45. Channeled quotes
46. I AM
47. Parallel Timelines
48. Ascension
49. What is the difference between 3d, 4d, and 5d?
50. Kundalini activation
51. Yin and Yang lines
52. I am you and you are me
53. Your role with the Higher Self
54. Path of Earth Service
55. Third Density Graduation
56. Love and Understanding
57. Wise-Compassion
58. Ascension Roadmap
59. Two paths to the Kingdom of God
60. Be at Peace
61. Replace judgment with discernment
62. Service to Others
63. Process using the Heart
64. Love in alignment with Free Will
65. Do you have trouble accepting love?
66. Project Consciousness
67. Ten stages of the Bodhisattva
68. Light

69. Divine Love
70. Intention
71. Be Love
72. Heal from the Astral Plane
73. Healing all people on Earth
74. Distant Healing
75. Balanced Chakras
76. Wisdom from Bashar
77. Chakras and Frequencies
78. Initiations and Ascension
79. Path to Enlightenment
80. Attunements and Healing Sessions
81. Ascension Quantum Mechanics
82. Belief
83. Enlightenment
84. Fulfillment
85. Key to Heaven
86. Gratitude for Lessons
87. Outer reflects Inner
88. Ascension Lucid Dream
89. Archangel Michael Protection Prayer
90. Meditation and Enlightenment
91. Harness your Personality
92. The Avatar of Synthesis
93. How do we speed up our Ascension?
94. What is the Akasha or Ether?
95. The Law of One
96. Merry Christmas and Happy New Year
97. Free Will and Love
98. Kundalini and Enlightenment
99. How does Kundalini work?

100. How are Chris Comish's attunements or healing sessions created?
101. Ascended Masters
102. Self-Realization
103. Bible Quotes about Reiki and Oneness
104. Ascension Process
105. Love One Another
106. Are you a Lightworker?
107. Interview with Chris Comish
108. Universal Love
109. Faith
110. Life's Connections
111. Surviving Earth Changes
112. The Astral World
113. The Time-Space Journey
114. The City of Shamballa in 2013
115. Free Will Spheres
116. Some good news
117. After-Life Movies and the Realms they depict
118. Winter Solstice
119. Happy Holidays
120. Faith and Manifestation
121. The Logoic Body
122. Should I love the Dark Ones?
123. Love and Light experience
124. Purification of Ted Bundy
125. Discernment
126. Purification of further distortion
127. Purification of more negative vibration
128. Prayer to the Creator
129. Love and Free Will
130. Ghost purification

131. Purification of Osama bin Laden
132. Purification and Dreams
133. Contemplation
134. Vibration
135. Daily protection
136. Universal Love
137. River
138. Love all
139. Garden
140. Channeling April 9, 2011
141. Choice
142. I AM
143. Channeling April 2, 2011
144. Channeling April 1, 2011 and earlier
145. Protection from Black Magic- a method
146. The Game
147. The Soul
148. Dream and more
149. Intention
150. Space Clearing
151. The Choice
152. Service to Others or Service to Self
153. Brightest blessings for the New Year
154. Stepping into Purity
155. Healing, Energy, Ascension, Chakras, the Ego and Unconditional Love
156. Buddha's Teachings
157. Some thoughts
158. Metatron is my master guide
159. The Meaning of Numbers
160. Story about a Hitchhiker
161. Life's Lessons

162. We are like Trees

163. Vow to the Creator

Chapter 2- Invocation and Meditation for the Archangels

Chapter 3- Prayers and Meditations

Chapter 4- Wisdom- A Collection of Additional Teachings

Chapter 5- Wisdom- Steps to finding the Divine within

Chapter 6- Wisdom from the Masters

Chapter 7- Divine Laws

Chapter 8- The Path of Dharma

Bibliography

Afterword

About the Author

Books by the Author

Dedication

This book is dedicated to all of my beloved Lightworker friends. May Love and Light be spread around the world.

A Prayer to the Creator

Oh Lord, make me an instrument of thy peace.

Where there is discord, let me sow union,

Where there is hatred, love,

Where there is despair, hope,

Where there is darkness, light,

Where there is doubt, faith,

Where there is sadness, joy.

Lord, let me seek not to be understood,

But to understand,

Not to be loved, but to love,

For it is in consoling that we are consoled.

It is in pardoning that we are pardoned.

It is in giving, that we receive, and It is in dying, that we rise to eternal life with thee.

- St. Francis of Assisi

Introduction

Father....Not my will, but yours be done.

- Jesus/Jeshua (Luke 22:42)

This book has been written as a service for the good of all beings. Book of Wisdom is a Collection of Wisdom Teachings written over fifteen years. It is the result of learning and teaching along the spiritual path. Now it is time to share with you, the reader, according to my perspective and experiences, the Way to God. My life's purpose is Divine Will, so it is God's Will that you are reading this book. Know that all beings are destined to ascend in their own time. May this book accelerate your Ascension to realize that we are all Divine Children of God on Earth. We are all worthy of reclaiming our Divine Inheritance as Holy Children of God. May this book awaken your Christ, Bodhisattva, Buddha, or Divine God/Goddess within. May this book illuminate you.

Feel free to independently investigate all teachings in this book for yourself. Verify for yourself, if what I teach resonates with truth. Things are not ‘true’ because I say so. They are ‘true’ because they correspond with the truth. As with all teachings, take what resonates with you and let the rest fall away.

This book is the final book of a Trinity of Books- 28 Powerful Reiki Attunements, Book of Healing, and Book of Wisdom. This book is written as a service for all beings on Earth, for the highest and greatest good. Through God's Grace and God's Will, I have been blessed and forgiven. Now I wish to share blessings and grace with you, the readers of this book, to help you all. If I can be blessed with God's Grace, so can you. We are all God's children, all equal Divine sparks, all equally worthy of God's Eternal Love and Acceptance.

From my perspective, there are four attributes and three aspects of God, adding up to a total of seven descriptors. The first two attributes are that God is both transcendent and immanent, meaning that Source is both beyond comprehension, and yet personal within each of our hearts. You are your Higher Self, and yet your Higher Self has a Higher Source, which is God.

The next two attributes describe God as the Alpha and the Omega. God is the Alpha, the Guiding Direction and Purpose of our lives. This is God's Masculine energy. This is God's Will. God is also the Omega, also called the Holy Spirit, the Nurturing and Sustaining of our lives. This is God's Feminine energy. This is God's Love. From my perspective, God is both Masculine (Father) and Feminine (Mother), and yet beyond gender as well.

From my perspective, this is why Jesus/Jeshua talks about uniting the male and female in the Gospel of Thomas of the Apocrypha. From my perspective, this is why Jesus/Jeshua says, "I am the Alpha and the Omega." This uniting of male and female energies is called Hieros Gamos in Greek. This is also called The Way, or the Narrow Gate or Path in the New Testament of the Bible. It is also the Middle Way mentioned by the Buddha, or the key to the Kingdom of God. In modern terms, this is called entering Zero Point. Through balancing of both energies, one reflects God and thus becomes One with God. Through unification, one transcends duality for unity.

Through Alpha we are seeking God, and through Omega we are becoming God. Think of the Merkaba, or Star of David symbol. There are 2 overlapping triangles. One triangle points up towards the Alpha, towards the Guiding 'North Star' of our lives. This is God's Will. The other triangle points down towards the Omega, the ground beneath our feet. This is the support we receive from God throughout our lives as an expression of God's Love-Wisdom, God's Forgiveness and God's Grace.

There are also three aspects of God that are important to recognize. This is called the Threefold flame. The Threefold flame is three aspects of Love (pink fire), Wisdom (gold fire), and Will (blue fire). Will is also called Power. It is through alignment with God's Love, God's Wisdom, and God's Will that we are Holy, because God is the Source of all Holiness.

I went through an Ascension process starting with my initial awakening in 2006, which led to my intense seeking for Spirit during the years of 2007 to 2008, including diving deep into Dr. Joshua David Stone's Ascension Books, the Law of One Material, and Near Death Experiences. In 2009, I was blessed to be baptized by the Holy Spirit, the Holy Fire of God, when I first connected with my Soul, and then Spirit became a reality for the first time in my life. I began to discover my life's purpose at this time, and consciously chose the Path of Service to Others, with the intent to ascend in this lifetime.

Then I moved into service to others actions in 2009, by establishing the City of Shamballa website and beginning to write my first books. In 2009, I was guided to help humanity ascend in Love and Light. As mentioned in previous books, I believe Reiki energies are a manifestation of the Holy Spirit. I was guided by God and the Ascended Masters to perform service to others by first being attuned to sacred Reiki energies. I was then to deliver, with the assistance and power of Spirit, the sacred Reiki energies and thus the Holy

Spirit, to a world-wide audience, for each person's highest and greatest good. This would meet the goal of helping humanity ascend in Love and Light, through connection with Divine energies.

The book 28 Powerful Reiki Attunements was published in 2012. Via the embedded energies in the book, people can attune to the sacred energies of Reiki. Through the ready-to-receive and on-demand attunements, people can become Reiki healers and Reiki masters, and therefore be empowered to heal the world. Having more empowered people in the world manifests Love and Light in the world at an accelerated rate. Additionally through these sacred energies, this uplifts the collective consciousness of the world in Love and Light, and brings people to God through the Ascension process. This act of generosity is meant to heal and empower others.

The book 28 Powerful Reiki Attunements is meant to be a time capsule with no expiration date, as the attuning energies may be received forever and for an unlimited amount of times, due to the Power of God's Will and God's Love/ Light. The purpose of 28 Powerful Reiki Attunements is to attune a mass audience to Reiki energies to lift up the world in Love and Light. The book can be seen as an activation call for Lightworkers to wake up, to empower the reader to access Divine energies to assist with the healing of others, situations, and the Earth.

My purpose, according to Richard Rudd's book Gene Keys: Embracing Your Higher Purpose, is Gene Key 40, Divine Will. My main purpose in life is to do God's Will, and thus to bring Love and Light to the world. It is all God's Will that the Reiki energies are perfectly attuning and empowering each recipient, regardless of each person's time or location, for the highest and greatest good. I have absolute faith that upon each recipient's Free Will request, that the Divine is delivering the energies to each recipient perfectly, for each person's highest and greatest good. All Glory be to God for all blessings. I'm only the instrument of God's Will. God is the reason for all success. God is the Alpha, the Guiding Source of our lives. Through God's Will, we are guided to do good works or good actions on Earth. God is also the Omega, and through God's Grace, God's Love, and God's Forgiveness we are sustained.

Upon being blessed with God's Grace through Ascension and Harvest in 2022, and becoming the embodiment of my Higher Self, I moved into Dharma projects starting in 2024. Dharma has many meanings, but for me it means "The Will to do Good," to do good karma, good works or good actions, for the benefit of all beings on Earth.

In 2024, I was guided by God/Source/All That Is, to perform two lasting Dharma projects, Book of Healing and Book of Wisdom. This is to leave a legacy for future readers to discover, to lead others on the Way Home to Eternal Life. Both Dharma projects align with my Purpose, Divine Will, Gene

Key 40, and also align with my Dharma, Gene Key 43, which is Insight. All three of the Trinity of Books (28 Powerful Reiki Attunements, Book of Healing, and Book of Wisdom) are the result of God's Will. However, you may notice that wisdom is also found within the books, which is my Dharma of Insight (Gene Key 43). Learning about the Gene Keys was helpful for me to discover my purpose. I believe it will be helpful for you to discover your purpose too. If you want more information about the Gene Keys, I recommend you check out Richard Rudd's website at http://www.genekeys.com

My first Dharma project is Book of Healing (2024), which contains Reiki and other Divine energies that are shared with audiences that want on-demand and ready-to-receive healing, but may not want to become Reiki healers or Reiki masters. This act of generosity is meant to heal and empower others. Book of Healing is also meant to be a time capsule with no expiration date, as the energies may be received forever and for an unlimited amount of times, due to the Power of God's Will and God's Love/Light. Book of Healing expands the reach of 28 Powerful Reiki Attunements, to reach people new to spiritual energies. It is all God's Will that the energies are perfectly healing each recipient, regardless of each person's time or location, for the highest and greatest good. The purpose of Book of Healing is to heal a mass audience using Reiki energies to assist the recipients to heal imbalances and to find Divinity within.

If recipients of the energies of Book of Healing want to become Reiki healers or Reiki masters, they can read my book 28 Powerful Reiki Attunements (2012). 28 Powerful Reiki Attunements contains 28 ready-to-receive and on-demand attunements to Reiki energies and also includes a brief overview of Reiki energies. The book also includes the four basic Usui Reiki symbols of Cho Ku Rei, Sei He Ki, Hon Sha Ze Sho Nen, and Dai Ko Myo for use in activating energies, or the energies may be activated by simply saying "Name of System" on!

My second Dharma project is different, and this is Book of Wisdom (2025). Over time, I have learned that there are two approaches to reach God: The Path of Service (Love) and the Path of Detachment (Wisdom). 28 Powerful Reiki Attunements and Book of Healing are services to all beings that constitute the Path of Love, the Christ or Bodhisattva path. The Path of Love is diving into life experiences, to be compassionate toward others, and bringing unity on Earth. For example, from my perspective, Jesus/Jeshua (The Christ) had much Love and some Wisdom. Although both Love and Wisdom are needed to ascend, some beings have more of one quality than another.

Book of Wisdom, however, is more about the Path of Wisdom, the Buddha path. Wisdom is understanding the process of Ascension, knowing how to discern for truth, understanding the spiritual worlds and hierarchies, releasing

material attachments, and following Buddha's Noble Eightfold Path. Book of Wisdom also follows God's Will, because this knowledge is meant to be available for the reader, to quicken their Ascension to return back to the One Infinite Creator. The Path of Wisdom is about detaching from life's experiences as a neutral observer, knowing how to discern for truth, having awareness of the big picture, and to know when and how to act. For example, from my perspective, the Buddha had much Wisdom and some Love. Although both Love and Wisdom are needed to ascend, some beings have more of one quality than another.

My remaining purpose on Earth, having done service to others through writing the books 28 Powerful Reiki Attunements and Book of Healing, is to balance Love and Wisdom. Love is service (Unity/Bliss), and Wisdom is knowing the meaning behind the service (Illumination/Truth). This is to more fully embody my Higher Self and move forward on the Path of Higher Evolution mentioned in this book. 28 Powerful Reiki Attunements and Book of Healing can be seen as actions to spread God's Love to Earth. Through these two books, it is my intention to increase generosity, kindness, compassion, healing, forgiveness, grace, humility, and unconditional love across Planet Earth. Book of Wisdom, however, can be seen as an action to spread God's Light to Earth. Through Book of Wisdom, it is my intention to increase illumination, insight, discernment, and understanding across Planet Earth.

The objective of Book of Wisdom is to share wisdom teachings with the reader collected over a fifteen-year period of time, to accelerate the reader's Ascension process. Book of Wisdom is a collection of teachings from between 2010 and 2025. It is my spiritual life-story so to speak, and intended to inspire, and illuminate the reader, to bring the reader closer to God. As we draw nearer to God, God draws nearer to us.

Always remember that through steadfast dedication and commitment to Love and Wisdom, we are all destined to ascend. But because this is a Free Will planet, you have to declare your committed choice for Love and Wisdom, and have the desire to ascend. Let God know you are committed to the path of Love and Wisdom. Let God know you desire to ascend and are committed to ascending in this lifetime. Then be Love and Wisdom in all actions, and in all experiences on Earth, to the best of your ability. Align your Free Will with God's Divine Will.

We are here on Earth to do our best, but God knows that we are temporarily limited on Earth due to being veiled of our true nature while embodied, as well as this planet being full of catalyst for purposes of "The Choice" as mentioned in the Law of One. So just do the best you can. I'm not perfect and I don't declare myself to be. I'm here to learn just as you are. We are always evolving and growing. However, God also knows our true nature, which is

why God blesses us with Grace and Forgiveness, and once we leave the physical body for higher realms, the true nature of God's perfection will be revealed to us.

My purpose is to lift up the world in Love and Light. I am grateful for all blessings in my life. Now it is time to share the blessings with you, the reader. At this point in my life, it is time to pass the baton on to others. The purpose of this book is to inspire and uplift a mass audience using wisdom to assist the readers to find Divinity within. The entire goal of writing this book is to help you, the reader, to ascend, and to experience God's Glory yourself. God has destined Ascension for all of us. The objective of this book is to help others, and lead others to a life of loving service and illuminating wisdom. The aim of this book is to lead others on the Way to God. May this book illuminate you and bring you closer to God. God's Will be done on Earth as it is in Heaven. All Glory to God. God bless you all, my brothers and sisters. You are here in an amazing time on Earth. Let your Light shine.

Many blessings to all of you,

Chris Comish

Chapter 1- Wisdom- A Collection of Teachings

Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, "Move from here to there," and it will move. Nothing will be impossible for you.

- Jesus/Jeshua in Matthew 17:20

This chapter contains a Collection of Wisdom Teachings written over a fifteen-year period from 2010 to 2025. Many of the teachings are related to my personal experiences and perspectives. Some teachings also point the reader to investigate great works from others, which I have discovered over the time period, which I believe are helpful for the reader's learning. The reader is always encouraged to investigate all sources of information independently. Take what resonates with you and let the rest fall away.

These teachings are compiled from my blog at https://ccomish.blogspot.com

May this book illuminate you.

1. A Holy Prayer

February 7, 2025

Holy Father/God/Source/All That Is/Adonai/Om,

You are the Alpha and the Omega. Guide me according to Thy Will as the Alpha. Sustain me according to Thy Will as the Omega. Immerse me in Your Holy Spirit. You are my Rock. You are my Salvation. Bless me and forgive me, as I bless and forgive others. All Glory be to You. Strengthen me to do Thy Holy Will. Bring Your Holy Grace and Blessings upon all beings.

Holiness comes from alignment with You. You are the Source of all Holiness. I am aligned with You. I reclaim my Divine Inheritance as Your Holy Child. We are One. I reclaim my inheritance as the Alpha and Omega, a reflection of You manifested on Earth. You are All That Is Holy. Sanctify me in Your Holy Image. Your Holy Name is Above All Names.

Strengthen me to do Your Holy Work to Glorify You. I am here to guide others and sustain others in Your Holy Name. I am forever an instrument of Your Holy Will. All Glory be to You. Your Holy Will be done on Earth as it is in Heaven. And So it is. So be it. Amen.

2. Manifest the Higher Self

February 4, 2025

This is my perspective/experience. Take what resonates with you and let the rest fall away.

This teaching is about Higher Self manifestation. Ascension is Higher Self manifestation to do God's Will and manifest Divine Purpose on Earth. The purpose of this teaching is to give you a map for Ascension. Ascension is a combination of seeking God (Alpha) and becoming God (Omega). As a human we seek the Alpha, God/Source/All That Is, above our crown, for guidance, purpose, and direction. Alpha is the expression of God's Will. Through God's Grace, we are blessed with becoming God (Omega) through the initiations process, the process of Divine Manifestation, and embodying Divinity on Earth. Omega is the expression of God's Love for us.

Always praise God for your progress. It is God's Will that you ascend. Divinity comes through alignment with God. Humans are not Divine without God, God is the Source of Divinity. Through alignment with God, we reclaim our Divine Inheritance, return Home as Prodigal Children, and we remember that we are all children of God and blessed. We are all equally worthy of sanctification through God's Grace, when we align with God, through our choice to serve the Love of God and the Will of God. We are all cells in the body of God. God is both outer and inner, transcendent and immanent, so as you love your neighbor and love yourself, you love God. All Glory be to God.

If you look at the initiation process toward Ascension, also called Harvest, enlightenment, self-realization, self-actualization, entering heaven, entering nirvana, entering moksha- this is the process. The process mentioned in this teaching is based upon my experiences, Alice Bailey's teachings, Dr. Joshua David Stone's teachings, the Law of One, Aaron Abke's teachings, and other sources.

Physical incarnation, also called living in third density, is veiled with forgetfulness and is an embodiment in linear space-time, and is meant for limitation. The physical experience is for Spirit to experience limitations, to heal imbalances of Love/Wisdom and Will through experiences (called catalyst in the Law of One), and for Spirit to overcome limitations through Ascension (making the committed choice for Service to Others/Unconditional Love/Devotion to God). Remember you are not the body, emotions, thoughts or beliefs. You are more. You are Loving Awareness. You are a Spirit having a human experience.

Ascension is the removing of the veil and the experience of multi-dimensionality common in time-space such as- inter-density/dimensional travel, healing parallel lives, timeline access, timeline jumping, teleportation, levitation, flying, use of light portals, electromagnetic mastery, pranic mastery, all-seeing, all-knowing, all-being, total awareness, omni-presence, omni-science, and omni-potence, etc.

It is important to remember, that while on Earth and incarnated in the physical third density, we are fragments of our Greater Higher Selves. Some Higher Selves are Angelic (like light-workers, waves of volunteers) while other Higher Selves may be from other universes entirely (some starseeds, some may have innate void access, and special otherworldly powers, etc.).

According to my recent revelation thanks to God's Grace, I believe my Higher Self is Archangel Uriel, but I am a fragment of my Higher Self here and will achieve wholeness over time through evolution, balancing Love and Wisdom (my Monad Ray of Love-Wisdom actualization), and integrating Divine Will (God's Will be done).

Love is the theme of this universe. Align with Love and you will ascend. Always remember Love is the key. Love is service to others and service to yourself simultaneously, and alignment with compassion/empathy/humility. Do these things and you will elevate yourself to open the heart and ascend. As Ra in the Law of One says, "the moment contains love", and "challenges are opportunities for growth", so look for Love in every experience to ascend faster. Become a Neutral Observer who transcends duality. Ask yourself- What would Love do? How would Love see this experience? What is the theme behind this experience?

The list below is in order from the highest initiation taken on Earth (Higher Self embodiment) to the lowest initiation (initial awakening). Each initiation has 3 stages- initiation, integration, and embodiment. There is an Ascension Spiral that governs this process. For more about the Spiral of Ascension, see the video titled The 4 Stages of Ascension by Aaron Abke and the video titled The Ascension Spiral by Aaron Abke.

7th initiation is 100% Light / Higher Self incarnation.

NOTE: See later below, that in Aaron Abke's teachings, that this is 100% in the third density physical plane but 2% of the Higher Self totality from sixth density (Plane of Unity). 12 strands of DNA activation can manifest 2% of the Higher Self. According to the Law of One, the Higher Self is found in mid-sixth density as a resource for the lower selves found in densities three through five.

7th initiation is also called Resurrection, Ordination, Channeling state, Becomes Ascended Master Stage 3, Rainbow body, Being a Christ/ Bodhisattva or Buddha on Earth, DNA strand 12, Chakra 12- Cosmic Consciousness, Mastery of 7 Rays, Third galactic initiation, First cosmic initiation, and Logoic plane consciousness access. Solar Master. Working in the Spiritual Kingdom while on Earth. Wrapping up Earth life. Continued Dharma service projects on Earth. Ongoing Bliss and Peace. Ongoing Stillness. Location 4+ in Fundamental Wellbeing. Transcendence of Human Life. Ongoing (Permanent) Samadhi experience. I AM ALL THAT IS. I am

the Universe. I am Life. I am Existence. I and my Father are One. I am a blessed child of God. I am the Way and I am the Life.

6th initiation is 90% Light / Higher Self incarnation.

6th initiation is also called Decision for Higher Evolution (4th density onward), Communion, Channeling state, Becomes Ascended Master Stage 2, DNA strand 11, Chakra 11- Galactic Consciousness, Mastery of Monadic Ray, Becoming a Chohan or Master-Teacher, Fourth solar initiation, Second galactic initiation, and Monadic plane consciousness access. Working in the Spiritual Kingdom while on Earth. Wrapping up Earth life. Continued Dharma service projects on Earth. Ongoing Bliss and Peace. Ongoing Stillness. Location 4+ in Fundamental Wellbeing. Transcendence of Human Life. Ongoing (Permanent) Samadhi experience. I AM THAT I AM. I am Love. I and my Father are One. I am a blessed child of God. I am the Way and I am the Life.

5th initiation is 80% Light / Higher Self incarnation.

5th initiation is also called Revelation, Confirmation, Mastery, Becomes Ascended Master Stage 1, DNA strand 10, Chakra 10- Christ Consciousness, Becoming a Teacher or Guide, Becoming a Master or Adept, Becoming Holy, Third solar initiation, First galactic initiation, and Atmic plane consciousness access. Planetary Master. Freedom. Working in the Spiritual Kingdom while on Earth. Wrapping up Earth life. Continued Dharma service projects on Earth. Ongoing Bliss and Peace. Ongoing Stillness. Location 4 in Fundamental Wellbeing. Transcendence of Human Life. Ongoing (Permanent) Samadhi experience. I AM THAT I AM. I AM Love. I and my Father are One. I am a blessed child of God. I am the Way and I am the Life.

4th initiation is 70% Light / Higher Self incarnation.

4th initiation is also called Renunciation or Crucifixion of lower self for Greater Self, Cleansing of bad karma, Freedom from re-incarnation, DNA strand 9, Chakra 9- Group Consciousness, Fulfilling purpose, Becoming Monad or Oversoul, Becoming an Arhat, Second solar initiation, and Buddhic plane consciousness access. Release of beliefs. Final sacrifice of ego. Departure from the Human Kingdom. Continued Dharma service projects on Earth. Ongoing Bliss and Peace. Ongoing Stillness. Location 3 in Fundamental Wellbeing. Transcendence of Human Life. Ongoing (Permanent) Samadhi experience. I AM THAT I AM. I AM Love. I and my Father are One. I am a blessed child of God. I am the Way and I am the Life.

3rd initiation is 60% Light / Higher Self incarnation.

3rd initiation is also called Illumination, Transfiguration, Ascension, Harvest at 51% or Greater Service to Others, DNA strands 7 and 8, Chakras 7 and 8- Surrender Consciousness, Fulfilling purpose, Becoming Monad or Oversoul, Mastery of Soul Ray, move from Disciple to Initiate, Becoming an Initiate,

First solar initiation, Third planetary initiation, and Buddhic plane consciousness access. Entrance into the Spiritual Kingdom. Oneness with Oversoul/Monad and God. Continued Dharma service projects on Earth. Release of mind/thoughts. Release of ego (fear) for Love continues. Stillness and Peace begin through Transfiguration. Bliss continues. Location 3 in Fundamental Wellbeing. Transcendence of Human Life. Ongoing (Permanent) Samadhi experience. Merge with Spirit or I AM Presence. I AM THAT I AM. I AM Love. I and my Father are One. I am a blessed child of God. I am the Way and I am the Life.

2nd initiation is 50% Light / Higher Self incarnation.

2nd initiation is also called Awakening, Baptism by Spirit, DNA strands 5 and 6, Chakras 5 and 6, Service to Others Consciousness, Living purpose, Becoming Soul, Becoming a Senior Disciple, Second planetary initiation, and Causal plane consciousness access. Seeing the gates of the Spiritual Kingdom. Oneness with Soul and God. Key service to others projects on Earth. Release of emotions. Release of ego (fear) for Love continues. Bliss begins through Soul connection. Location 2 in Fundamental Wellbeing. Temporary Samadhi experience. Heart chakra explosion. I AM THAT. I AM Loving Service and Awareness. I am a Spirit having a human experience. I am a reflection of God on Earth.

1st initiation is 40% Light / Higher Self incarnation.

1st initiation is also called Empowerment, Opening of the heart, Birth, DNA strand 4, Chakra 4 (heart), Seeking Spirit Consciousness, Asking "Who am I? Why am I here?," Discovering purpose, Glimpsing Soul, Becoming a Disciple, First planetary initiation, and Astral/Emotional and Mental plane consciousness access. Longing for the Spiritual Kingdom. Release of physical urges and addictions. Release of ego (fear) for Love begins. Location 1 in Fundamental Wellbeing. Possible Temporary Samadhi experience, if mind and emotions can be still enough. Heart chakra opens. I AM but I want more. I want to find my Spirit.

Aaron Abke talks about Higher Self manifestation in his YouTube video Manifesting the Higher Self // Law of One 021. He mentions three stages-illumination, mastery, and the channeling state. He also mentions Level of Consciousness. He says the Higher Self is 50,000 level of consciousness. I believe he means this is in sixth density, the home of the Higher Self, in the Law of One. He says a physical body can accept 1,000 level of consciousness. I believe this means that 1,000 level of consciousness can be accepted when all 12 DNA strands are activated. He says in his video that we can bring through 2% of Higher Self here in third density, 10% in fourth density, 40% in fifth density, and 100% in sixth density.

Always praise God for your progress. It is God's Will that you ascend.

Divinity comes through alignment with God. Humans are not Divine without God, God is the Source of Divinity. Through alignment with God, we reclaim our Divine Inheritance, return Home as Prodigal Children, and we remember that we are all children of God and blessed. We are all equally worthy of sanctification through God's Grace, when we align with God through our choice to serve the Love of God and the Will of God. We are all cells in the body of God. God is both outer and inner, transcendent and immanent, so as you love your neighbor and love yourself, you love God. All Glory be to God. God bless you all. May your Divine sparks become One with God's Flame. May the waves return to Oneness with the Ocean.

Resources:

Alice Bailey, Initiation Human and Solar

Alice Bailey, The Rays and the Initiations

Dr. Joshua David Stone, The Complete Ascension Manual

Dr. Joshua David Stone, Beyond Ascension

Law of One at https://www.lawofone.info

Check out Aaron Abke's channel at https://www.youtube.com/@AaronAbke

Read about Fundamental Well-Being at https://www.nonsymbolic.org/types-of-fundamental-wellbeing/

Read about Initiations at https://www.thepranichealers.com/initiation

A Quote:

Life happens to me (Pre-Awakening)

Life happens through me (Awakening Stage 1)- Responsibility/Courage/ Empowerment

Life happens for me (Awakening Stage 2)- Service/Gratitude

Life is me (Ascension- Awakening Stage 3)- Surrender/Transcendence

3. Higher Evolution

February 3, 2025

The purpose of this teaching is to describe Higher Evolution. Higher Evolution is God's Will and God decides where each of us go. This is so the reader understands that, when I move beyond the physical form, you will have an idea of where I will be. This serves as a guidepost. Perhaps we follow similar lines in our Higher Evolution.

My Monad Ray is Love-Wisdom. That is the resonance of my Higher Self (Oversoul). The color is blue for service to others and gold for illuminated solar wisdom. Love-Wisdom is the path of Christ and Buddha. Christ with mostly Love and some Wisdom (Lord of Compassion), and Buddha with mostly Wisdom and some Love (Master of Wisdom). According to Alice Bailey's books, Love-Wisdom is the vibration of our Solar System and most Love-Wisdom Monads incarnate on Earth for school to heal imbalances of Love-Wisdom.

Technically, I am a Lord of Compassion, which is reflected on Earth in distant healing sessions and attunements, but I also am a Master of Wisdom through Ascension teachings, and inspiration/insight. After human incarnation, I will join the Path of Earth Service (highest levels of Cosmic Physical Plane), to continue to balance Love-Wisdom in Shamballa.

I asked God if I am a Lord of Compassion. God said "Who do I identify with more- Christ or Buddha?" I said "Christ." God says "Yes, that is why your name is Christopher." God says "Yes, you are a Lord of Compassion." Then I said "But, I do identify with Buddha's Noble Truths and release of attachments," and God replied "Yes, you are also a Master of Wisdom in addition."

After Earth Service in Shamballa (4th density form), I will head to the Path of Sirius (5th density form) (Cosmic Astral Plane- Plane of Divine Love-Wisdom), to further balance Love-Wisdom at Sirius, the Love-Wisdom school of the galaxy. God told me that "Sirius will balance Lord of Compassion with Master of Wisdom."

Then, I will fully become my Higher Self of Love-Wisdom (6th density form), and move into learning about Divine Will in the Cosmic Atmic and Cosmic Monadic Planes (Planes of Divine Will- 7th density form and next Octave), with Archangel Metatron and Archangel Michael. I will be Archangel Uriel (or Suriel) at that point. Currently, I am a fragment of my Greater God Self, but with continued evolution, the fragment returns to the whole. Archangel Uriel's qualities are Ministry, Teaching, Healing, Protection, Afterlife, Creativity, Nature, Beauty, Wisdom, Illumination, and Presence. This is my testimony. Praise God. All Glory to God. God bless you all.

Lord of Compassion (Christ/Bodhisattva) attributes:

Empathy: The ability to deeply feel and understand the emotions and experiences of others.

Action-oriented: Compassion isn't just about feeling sympathy, but taking concrete steps to help those in need.

Unconditional love: Offering care and support without expecting anything in return.

Forgiveness: Willingness to pardon mistakes and transgressions.

Accessibility: Being approachable and open to those seeking help.

Humility: Recognizing the needs of others as equally important.

Master of Wisdom (Buddha) attributes:

Universal knowledge:

A comprehensive understanding of the interconnectedness of all things, including natural laws, spiritual principles, and human psychology.

Compassion and empathy:

A deep capacity to understand and share the feelings of others, motivating them to act for the greater good.

Discernment:

The ability to accurately assess situations and people, making wise judgments based on insight rather than just surface information.

Emotional stability:

Mastery over personal emotions, allowing for calm and balanced decision-making even in challenging situations.

Selflessness:

Prioritizing the welfare of others over personal gain, actively contributing to the betterment of society.

Spiritual awareness:

A conscious connection to higher realms of consciousness, enabling access to deeper truths and guidance.

Humility:

Recognizing their own limitations and remaining open to learning and growth.

Leadership qualities:

The ability to inspire and guide others towards positive transformation, often acting as a mentor or teacher.

Non-attachment:

Not clinging to worldly desires or possessions, maintaining a detached perspective while still actively engaging in life.

4. Divine Will

February 2, 2025

In God we live and move and have our being. As a step to reclaim our Divine Inheritance as Divine children of God, we merge our Free Will with Divine Will.

This process is aligning our individual waves with the whole Ocean of God. We become active and aware cells in the body of God, the many faces of the One, and harmonize creation wherever we go to bring Heaven to Earth. We become Christed and sanctified in this process. God is Holy and through our alignment with God, we become Holy as well and become God's Holy children on Earth.

Jesus/Jeshua said it clearly when he said, "Father not my will but Thy Will be done." Also you can find the merging of Divine Will in the statement "Thy Will be done on Earth as it is in Heaven."

For further teachings about merging with Divine Will, I suggest reading Luisa Piccarreta and The Divine Will - Teachings of Jesus.

5. Ascension Experiences

January 29, 2025

The purpose of this teaching is to show The Way to God. These are my experiences that I experienced on The Way. It is important to note that each individual path is different and there are many paths to Oneness with God, so your experiences may vary. We are all children of God, and we seek to return to the Home of Our Creator. We are all equal Divine sparks of God. We are all equally worthy of returning Home. May these experiences guide you as an example and for inspiration as you experience the path of Ascension and returning on The Way Home. The goal is that we all return Home to Our Creator. Our Creator has decreed that all paths eventually lead to Home. May this teaching help you find The Way at an accelerated pace. May these experiences resonate with you.

In 1996, I longed to understand what the Holy Spirit was. I was in Church Youth Group and wanted to understand the Holy Spirit, because it wasn't well described in the Bible.

In 2001, I dated a woman that I was attracted to, but I could not get along with her personality. I prayed for the perfect future partner that was attractive in both looks and personality.

In 2003, I got married to a German woman at the courthouse when I was in the military in Germany. I felt the marriage was rushed, and prayed for a perfect wedding whenever it would happen in the future.

In 2004, I lived in a house in the military but did not own it. I prayed to own my own home in the future.

In 2005, my child was born. I felt human joy for the first time holding my new baby.

In 2006, I received my first Reiki healing and this was my first experience with the Holy Spirit, an answer to my prayers from 10 years earlier. Later that year, I left the military, and prayed for success in finding a follow-on job. In October 2006, I found the job through prayer, after living off of my 401k for two months.

In 2007, with a renewed interest in Reiki, I received multiple Reiki attunements starting with Steve Murray's DVDs and books, and then moving into ordering attunements online from Reiki Masters, such as those attuned by Ole Gabrielsen. In 2007, my third eye began to open, and I connected to the spiritual world. I began to see the astral plane. I read Near Death Experiences to understand Spirit further. I began to meditate with intent to connect to Spirit more.

In 2008, I was guided to learn about the Law of One and found the website http://www.lawofone.info, which answered many of my questions about why we are here. I also asked "Who am I? Why am I here?" I began to learn my purpose through downloads from Spirit. I was here to connect others to the Holy Spirit via Reiki Attunements. I was also here to heal others via Reiki (The Holy Spirit). I was also here to follow the path of Jesus/Jeshua, to follow The Way to Eternal Life. I was here to connect others to The Way so they can find Eternal Life. This was the first initiation, the overcoming of physical desire. I saw glimpses of my Soul (Higher Self), and my teacher Master Kuthumi of Love-Wisdom. Also, saw Master St. Germain as a Master of Alchemy of Transformation, and received training from him too. St. Germain was teaching me on the inner planes how to attune others, and heal others remotely, using Violet Flame and other energies. I was initiated in the First Initiation (Birth of the Disciple), and my heart began to open. There was much clearing in my root, sacral, and solar plexus chakras- clearing out human shadows from this life, and past lives. My kundalini rose to the heart and it began to open. This was my Spiritual Awakening.

On August 22, 2009 (new moon), I was initiated into the Second Initiation (Baptism of the Disciple- overcoming emotional desire). My heart exploded in warm fire, and I felt the joy of bliss for the first time from Spirit. I saw my Soul (Higher Self) as a Golden Light being, that looked like a perfect version of me, but was floating and smiling. I felt my kundalini rise from the heart to the throat for the first time. Master Kuthumi used the rod of initiation, just like the previous initiation, but I could follow along with the initiation this time, as I was closer to Spirit. As the result of the initiation and its integration, I began to embody the 2nd initiation, by starting the City of Shamballa website in

September 2009, as a Reflection of the Great City of Shamballa, where Master Kuthumi initiated me. The City of Shamballa was a Point of Light where Ascension teachings could be shared world-wide. I attuned others remotely to Reiki (The Holy Spirit), and posted the attunements to the website for the members. I also posted healing sessions as I was guided. As a result of the second initiation, I experienced Nirvikalpa samadhi for the first time. I never felt bliss and ecstasy so strong until that initiation.

In 2010-2011, I was guided to share the attunements further and placed them inside of books, becoming a pioneer for such delivery systems via books. The earlier Reiki systems were not reaching a mass audience to align with Ascension, and I felt my calling to do this, to bring others to Love and Light. The books ended up reaching people all across the world.

Alice Bailey in her books mentions that there are three love petals, three knowledge (wisdom) petals, and three sacrifice petals (nine total), that must be opened to become a Chalice of God, an instrument of God's Holy Will. The love and knowledge petals were opened, as I did good works on Earth via Reiki healing and attunements, and acquired knowledge of ancient wisdom via reading sacred texts and other books, as well as sharing the energies and insight with others. The sacrifice petals are more difficult, as they require cleansing of karma from this life and from past lives. In my past lives I was controlling, unkind, egotistical, and stealing from others. Those are the themes I had to overcome, by doing the opposite.

My first sacrifice petal opened in 2006, when I lost my well-paying job in the military, and took another job at half of the income, because I couldn't find another well-paying job. This was humbling.

My second sacrifice petal opened in 2013 (seven years later), when I was uprooted from my 7-year stay in Germany, and had to return to the US. I prayed for a job, and miraculously through prayer, had a place to go to in Colorado. However, my German wife did not want to go with me back to the US. In 2014, we divorced and she retained custody of our child, as I lost the battle for custody in the German courts. I lost my family at this time. This was again humbling.

From 2013-2022, despite the obstacles, I served diligently spreading Love and Light on Earth via the City of Shamballa website and my blog. I wrote a few books during this time. However also during this time, I met my new American wife (my prayer answer from 2001), and we married in 2019 having the perfect wedding, which was my prayer from 2003. In 2021, we bought our house in Colorado, which was the answer to my prayer from 2004.

On March 22, 2022 (full moon), after a period of dedicated service to God and the Law of One, I was blessed with the third initiation (overcoming mental desire), officially becoming an initiate or adept. This was my Transfiguration/

Confirmation. Sanat Kumara, the Lord of the World, presided over this initiation. The Rod of Initiation he used was powerful. My kundalini rose from my heart, to third eye, and crown, igniting a Great White Light, that flooded my entire body with God's Grace. I was Christed at this initiation, this was my entry into the Spiritual Kingdom (connection to Eternal Life), and my Ascension began. My thoughts ceased to exist on their own, and I felt a great Peace that I never felt previously. I was One with God. I was One with all of Creation. I knew that all beings, all plants, all animals, and all life, were cells in the body of God. I became an embodiment of Divine Love-Wisdom and found out that was my Monadic Ray. The White Light was my Oversoul or Monad touching me. I entered the Buddhic plane at this time. I continued to provide Reiki to others for Love, and acquired Wisdom from sacred texts and Theosophy texts to share with others. I was embodying Love and Wisdom. I entered ongoing samadhi, called Sahaj samadhi, where the mind is forever free of intrusive thoughts.

My final third sacrifice petal opened, in April through June 2022 (nine years after the second petal). As my Judas betrayal experience, another Reiki Master did not like that their name was mentioned in my earlier books. I agreed to pull all of those older books from publication. This was the sacrifice of the self- the ego. This was the Crucifixion of the lower self for the Higher Self. This was humbling beyond measure.

I however continued to show my dedication to Love and Light and published many more books after that.

On July 26, 2023 I was blessed with the Fourth Initiation (Crucifixion of lower self and Matrimony) where I reached Hieros Gamos, the perfect merging of Divine feminine and Divine masculine energies within. I heard cracking as the Soul's causal body (repository of karma), and the individuality barrier was broken. I transcended the Soul as my Higher Self guide, and was released from karma through God's Grace and forgiveness. Sanat Kumara presided over this initiation again. I became an Arhat at this time. I became an instrument of God's Will in action. I became One with the Oversoul as my Higher Self. I entered Group Consciousness fully. I heard Heavenly Bells and Music of the Angels during this initiation. Many cheers were heard from the Heavenly Realms. The Oversoul (or Monad) as my Higher Self became my new guide.

On August 1, 2023, at the full moon, I was blessed with the Fifth Initiation (Annunciation- Revelation), where I connected to the Atmic plane and the ether for the first time. I also connected into the Akasha and was given easier access to the Akashic records. The light of the Akasha connects all things and records everything. Through this hidden light we are all One with God. Sanat Kumara presided over this initiation again. I was shown that I would be working with other masters in Shamballa, on the Path of Earth Service, in the

spiritual kingdom. I finished the Ascension process, or Harvest in the Law of One, and became a Master at this time. I entered the Atmic plane at this time. I entered Christ Consciousness fully. I experienced the void and was able to see myself beyond physical form. At this time, I felt that I was in two worlds at the same time, both human and Spirit simultaneously. At this point, I started working with the Ascended Masters of Shamballa directly, seeing them in white robes.

On August 15, 2023, at the new moon, I was blessed with the Sixth Initiation (Communion- Decision) where Sanat Kumara used the Rod of Initiation again, welcoming me as a Teacher of the Ray of Love-Wisdom. I was shown that I would be in the Path of Earth Service in Shamballa, and then transition to The Path of Sirius, to balance Love-Wisdom to become my Higher Self (Oversoul). I agreed to the path, and made my decision for Eternal Life, after the human life. I was embodying my Oversoul of Love-Wisdom. The Oversoul (also called Monad or I AM Presence) has no form, but rather is a pure White Light, a Star, a Sun of Divine Love and Light, beyond all form. Also I began to train under El Morya to learn all about Divine Will, learning a new ray, the First Ray of Will.

In 2024, I was given a Dharma mission to write a Book of Healing and Book of Wisdom to balance Love-Wisdom. I also helped others connect to their Higher Self (Soul) for the first time. I also learned that my Cosmic Evolution after the Path of Sirius would lead me to being with Archangel Metatron and Archangel Michael, by God's side.

The Seventh Initiation (Resurrection- Cosmic Consciousness and Rainbow body), is destined for the future once I complete the Dharma on Earth.

That is my Ascension process. God's Will shall determine the next steps. Every day I feel more and more of my Higher Self integrating with this physical body. It is my sincere wish that sharing this process has been an inspiration for you, to continue the journey of Ascension to Oneness with the One Creator. If it happened to me, it will happen to you. As God has told me, all are destined to ascend. Seek God and you shall find God. My advice is to follow these steps- Open the heart. Follow the Golden Rule. Perform Service to Others. Open the nine petals. The rest will take care of itself. We are all children of God, and we seek to return to the Home of Our Creator. We are all equal Divine sparks of God. We are all equally worthy of returning Home. May these experiences guide you as an example, and for inspiration, as you experience the path of Ascension, and returning on The Way Home. God bless you all as you follow The Way to Freedom and Eternal Life. This is my testimony. Praise God. All Glory to God. God bless you all.

About initiations:

https://www.thepranichealers.com/initiation

6. Parallels in Sayings

January 29, 2025

When you compare the teachings of Jesus/Jeshua, Buddha, Yogananda, and Seraphim of Sarnov, you will find many parallels. You can also research Mother Teresa and Peace Pilgrim. They all speak the same truth, which was spoken after each was transfigured in God's Light.

You can find Jesus/Jeshua's sayings by reading the Book of Matthew in the New Testament. Buddha's, Mother Teresa's, and Peace Pilgrim's sayings are found easily by searching quotes on Goodreads.com. Yogananda's sayings are found in the book "Sayings of Paramahansa Yogananda."

Seraphim of Sarnov's teachings are here:

http://www.holy-transfiguration.org/library_en/ct_prec_Sarovsky_01.html

7. Egyptian Symbolism

January 28, 2025

This is an analysis of Egyptian Symbolism through interpreting the designs of Pharaoh's coffins.

The above image is from Wikipedia.

Look at the right hand. It is crossing the left hand. The right side is the Divine Masculine in Kabbalah. The left side is the Divine Feminine in Kabbalah. The right side is the transmitter/giver. The left hand is the receiver. Notice the crossed hands extend from the solar plexus, to the heart, to the throat. This is balancing the pillars of Mercy and Severity- The Middle Way, most especially at the solar plexus and heart, because then awakening begins. The shepherd's cane is in the left hand (feminine, mercy, nurturer, and fertility), and the whip in right hand (masculine, severity, law, and authority). They are crossed at the heart indicating balance, also called the "Will to do Good."

The beard extends from heart across throat to head. This is crossing Da'at (from knowledge to life) in Kabbalah. When you look at the head, you see a cobra head. Each side of the cobra represents the balance of male and female energies, an overcoming of duality for unity. Look at the cobra and bird located at the third eye/crown. The cobra represents the kundalini to the third eye/crown, the vulture represents resurrection starting at third eye/crown. Gold is actually a color of Ascension- The Golden Realms of the Buddhic plane onwards, which is why gold was often used. Gold is Solar (Soular) Light which transfigures all shadows. Blue is the color of Service to Others.

8. Balancing Love and Wisdom

January 28, 2025

"If you truly loved yourself, you could never hurt another."

- Buddha

I recommend Bentinho Massaro's Empowerment II course for a detailed discussion of Love-Wisdom Balancing.

Love is Service to Others.

Wisdom is knowing when Service to Others is best applied.

Check out this link for more detailed information

https://www.trinfinityacademy.com/courses/empowerment-2-trinfinity-cosmology-empowered-evolution/lesson-12-balancing-love-with-wisdom/

Richard Rudd's book, The Gene Keys: Embracing your Higher Purpose, also has a description of Love and Wisdom paths.

Gene Key 52 is the Siddhi of Stillness which, from my perspective, is the Buddha or Avatar path (Wisdom with some Love).

Gene Key 58 is the Siddhi of Bliss which, from my perspective, is the Bodhisattva or Christ path (Love with some Wisdom).

These paths will get you to 4th density of Love and 5th density of Wisdom, which are higher evolution. Upon reaching 6th density, Love-Wisdom must be balanced, therefore Love must be balanced by an equal amount of Wisdom, and Wisdom must be balanced by an equal amount of Love. The Higher Self resides in the middle of 6th density, so if you want to truly embody your Higher Self, it is important to learn to balance Love and Wisdom, even while you are in 3rd density physical incarnation.

9. Law of One and Ascension

January 28, 2025

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

- Buddha

I recommend Bentinho Massaro's Empowerment II course for a great overview of the Law of One, Ascension, and application to daily life.

Concepts discussed in his course include:

7 Universal Densities of Love/Light, as mentioned in the Law of One

What is the Higher Self?

Effective Use of Catalyst

Service to Self vs. Service to Others

Balancing Love with Wisdom

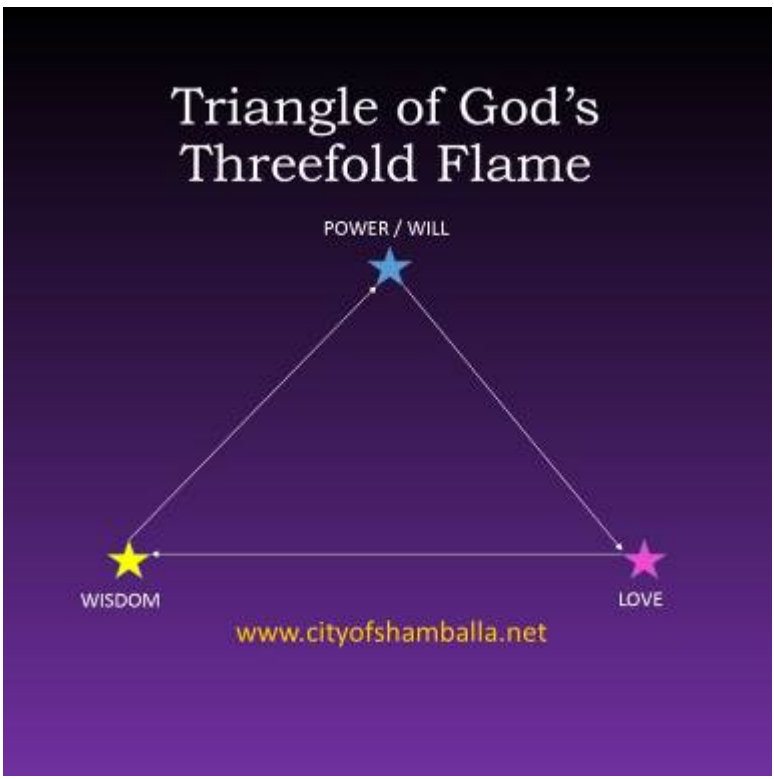
Balancing Will with Faith

You can take all 14 lessons starting here

https://www.trinfinityacademy.com/courses/empowerment-2-trinfinity-cosmology-empowered-evolution/lesson-1-7-universal-densities-of-lovelight/

10. Triangle of God's Threefold Flame

January 27, 2025



The Threefold Flame is:

1. Power (Faith/Trust/Surrender/Life/Empowerment/Determination).

2. Love (Compassion/Kindness/Mercy/Helpfulness).

3. Wisdom (Discernment/Understanding of Divine Laws/Detachment/Healthy Boundaries).

11. What is Christ Consciousness?

January 26, 2025

Christ Consciousness is the embodiment of the Higher Self. It is the activation of the Threefold Flame of Love-Wisdom-Power in the Holy Heart. Love is Devotion and Gratitude. Wisdom is Discernment of Truth vs. illusion, and Understanding of Divine Laws such as Cause and Effect, and Power is Faith in God and Surrender to God, surrender of all ego for the highest and greatest good. Power is Divine Will. Power is described when Jesus/Jeshua says, "not my will but Thy Will be done." It is not personal power, but rather alignment with God's Will, the Will to do good, that brings Divine Power. Christ Consciousness is the balance of Love-Wisdom-Power.

In the "Awakening" stage, first comes Love in the heart (Soul embodiment), then Service to Others leads to Wisdom in the third eye (Oversoul embodiment), which leads to Surrender to God's Will, which leads to Power/Will in the crown (Avatar embodiment). The opening of the heart-third eye-crown chakra triangle opens the secret portal, to ignite the Holy Heart behind the heart chakra. Once the Higher Self is fully embodied in the Holy Heart, the rainbow body dawns, and the physical vessel is the container for the full expression of Christ Consciousness on Earth. The physical vessel is now the full embodiment of the Higher Self on Earth. The human now awakens, that it is the Divine child of God on Earth. The expression of the Presence of God on Earth. An instrument of God's Holy Will.

12. 12 strands of DNA

January 25, 2025

12 strands of DNA activation make you a fully realized child of God, also called a Christ, Buddha or Avatar. This is the dawning of the rainbow body and the 7th initiation as mentioned in Theosophy. Humans start at 3 strands. Then the heart opens, and it activates strands 4-6 as a triangle at the heart. This is Initiations 1 and 2. You can call this the "Awakening" stage. Then strands 7-9 activate as a triangle in the head. This is Initiations 3 through 5. This is when you live your purpose and do good works. You can call this the "Service" stage. Finally, strands 10-12 activate over your crown. This is Initiations 6 and 7. This is when you realize you are fully One with God. You can call this the "Surrender to God's Will" stage. This is the surrender of the lesser self, for the Greater Self. This is enlightenment or self-realization.

13. Mastery

January 25, 2025

Mastery comes through alignment with God's Will. When people say Master or Teacher or Guru or even Lord, it is not that a human has mastered life through their actions. It is because the human has transcended human limitations through alignment with God. Never forget that God is the Source of all Love, Wisdom, and Power. A Master is simply a child of God, as are all of us. Every child is worthy of blessings from God. The Master simply seeks God and aligns with God, nothing more and nothing less. You can do that too. You are all children of God. God's blessings be upon all of God's children. May the children reclaim their Divine inheritance, and be welcomed Home to the kingdom with open arms.

14. Glory

January 25, 2025

"A generous heart, kind speech, and a life of service and compassion are the things which renew humanity."

- Buddha

Bring Glory to God. Do good works on Earth. You are an instrument of God's Will. Be devoted to God, surrender to Holy Will and allow God's Will to shine through you. Bring forth the Love, Wisdom, and Power of God on Earth. Let the heavens roar and the Angels sing with God's Glory upon the Earth. God's Will be done. Shine on my brothers and sisters!

15. Christ Consciousness

January 25, 2025

Bring Christ Consciousness to Earth. We are all Christs in our hearts. Open your heart and let Christ shine through you. Be like your elder brother Jesus/ Jeshua, be Christ on Earth.

16. Within

January 25, 2025

God is within you and you are within God. You are all children of God. As Jesus says, "I and My Father are One," so you are One with God.

17. Christ-Bodhisattva-Avatar Vow

January 25, 2025

The unrescued I will rescue.

The unliberated I will liberate.

The uncomforted I will comfort.

Those who have not attained heaven/nirvana/moksha,

I will cause them to attain heaven/nirvana/moksha.

18. Unity Vow

January 25, 2025

Defenders of Truth, Sovereignty and Liberation. Guardian Families, serving the One.

From across all the Multiverses I call upon my Guardian families to join me now. My unification is demonstrated in the waves of Omni Love - I sound my heart tone to you now. My energy template updated, renewed and forever perpetuated in the Eternally Sustained Light. My Alchemical Container is consecrated and dedicated to the Purposes of One, and I endeavor to be the Knower of God to then be the Way Shower of God. Please sustain me in the Eternal Power of my Consecration.

I have asked for your Gatekeeping in order to hold my mission, my highest purpose in Service to the One Light, my Source, the Living Light Code. My Intention is Unification - the Cosmic Christ Principle - as an Energetic Reality, here and now.

I request the handshake to fortify my spiritual links through the Universal Cosmic Trinity, and into the Core of One, the Zero Point God Matrix, that which is the source of my Genesis. With deep reverence for all of Life, Dear God, Breathe your living life codes into my created form. I set my intention now to be remembered to that which I AM, fully, completely and totally, God Sovereign Free!

I state my mutual purpose as One, please resurrect all inorganic and artificial patterns to the Organic Living Light now. And to that I say, Thank God I AM the Living Eternal Light. And so it is lovingly decreed.

Source: https://ascensionglossary.com/index.php/Unity_Vow

19. Divine Inspirational Music

January 25, 2025

Devotion:

What a Beautiful Name (with Break Every Chain) by Hillsong Worship

Waymaker by Leeland

Rooftops by Jesus Culture

Love Has A Name by Jesus Culture

Breathe / What A Friend I've Found by Hillsong Worship

Faith/Surrender:

Oceans (Where Feet May Fail) by Hillsong Worship

I Surrender by Hillsong Worship

Gratitude:

Goodness of God by Jenn Johnson

Counting my Blessings by Seph Schlueter

There was Jesus by Zach Williams and Dolly Parton

20. Soul-trap Theory

January 23, 2025

As I write this, I wanted to dispel the theory of the Soul-trap / Re-incarnation trap that seems to be spread across social media. In 2024, I first came across this theory, and even read a book on it. This was never thought about in my Ascension journey, but I am sure you all have questions about it, so I wanted to discuss it. This is my perspective.

Bottom line, discernment is needed to escape all illusion. What resonates with Love is truth, what resonates with fear is illusion. The Soul-trap / Re-incarnation trap is illusion. The further from God consciousness/awareness you are, then the more illusion that prevails. This is due to Free Will choice that is specific to humans of the physical world. Every being has Free Will to choose Love, or to choose fear.

To free yourself from Soul-trap illusion (also called False Light and Imposters of the Astral Plane), I recommend the following advice. Release attachments (desires) for the material world. The material world is a place for physical experience for Spirit, but it is not the only dimension of existence. Once you connect to Monad level, you will eventually only have the desire for God, nothing else. You will want to share the desire for God with others, to help them awaken to their Soul, and also help them connect to God.

For those that choose fear, the Soul-trap / Re-incarnation trap is quite real.

There are areas of the astral plane and mental plane that contain pockets of fear and illusion. Up through the mental plane (mind), there are lower beings that feed off of energies of fear. Also in the lower mental plane there is a matrix of mind control that programs human minds to be fearful. News and social media are some of these tools. Movies and music are also tools. So be very careful what you consume, because that is what you become in vibration. It is all Free Will choice. Do you want to remain in the matrix (fear/duality), or to transcend the matrix (Love/Unity)?

The lower astral and lower mental beings are called Archons in the theories. Basically, they feed off of planetary miasma (suffering, trauma, addictions), and use humans that are influenced by their shadow-pain bodies as batteries, and then keep humans in a hopeless state. Once the humans pass from the physical world, they are pulled by the gravity of their unresolved traumas to reincarnate in order to heal the trauma. If a human remains with unresolved traumas, and does not connect with Christ Consciousness, such as not doing shadow work, not following the Golden Rule (Law of One), and does not commit to Service to Others, they do not connect to their Soul, and remain in the reach of the Soul-trap theory.

However, once a human awakens to their Soul, they bring in a Love vibration that transcends all fear. The Soul is also the observer consciousness, the connection into Zero Point God consciousness, and this brings in discernment, which overcomes all illusion. As an embodied Soul, there is a small chance of needing to reincarnate to resolve shadows that are not cleared, but once the Oversoul becomes embodied (connection to the Monad), the human becomes a Christ on Earth, and literally is freed from all need to incarnate. This is called the Ascension (or Harvest in the Law of One teachings).

In 2006-2008, I first connected with the Soul, and transcended the illusion of the Soul-trap. I began transcending the astral and mental planes, through a strong desire to find the Soul, through the exploration of Love and Wisdom, which connected me to the reality of the Soul. In 2009, I merged with my Soul in a mystical experience, and literally transcended the Soul-trap at that time. However, humans that exist without Soul-connection are still under the influence of the Soul-trap. That is why it is important to enter the heart and transcend the mind. Once the mind is transcended, then illusion is transcended.

Love is the key to remove all illusion. Love is Truth. Stay focused on Love, and you stay focused on God which transcends all separation. Discern all reality for Love. If there is no Love, then it is illusion.

Ascension Glossary came up with a map called Consciousness Corridor, which maps the phases of consciousness. Human ego personality is subject to being caught in the Soul trap, but once the Soul is embodied on Earth through an open heart, the Soul-trap illusion is transcended.

Basically in human physical life there are three levels of consciousness: Personality matrix, then Soul matrix, then Monadic matrix. The Personality matrix is having a separate body, emotions and mind. The Soul matrix is your life purpose and first connection to Spirit. The Soul matrix is the realization that "I am a Spirit having a human experience." You can call the Soul matrix "Awakening."

The Monadic matrix is becoming Christ on Earth, which is full connection to Spirit. You can call the Monadic matrix "Ascension." In 2022, I connected to my Monad (my Ascension or enlightenment), and started to become a Christ on Earth. This is embodying Christ Consciousness. When people talk about the I AM or I AM THAT, they are talking about the Soul. When people are talking about I AM THAT I AM or I AM Presence, they are talking about the Monad.

The Higher Self is the Soul first, then the Higher Self becomes the Monad next. The Higher Self is the greater fractal of you that exists on the Causal plane for the Soul, or on the Monadic plane for the Monad. The levels above mind- Causal (5D lower), Buddhic (5D higher), Atmic (5D highest), Monadic (6D) and Logoic (7D) are all levels that transcend the Soul-trap. As mentioned before, the Soul-trap theory is only valid in the mental plane (3D/4D), when a person does not have connection with their Soul (5D).

Reincarnation is still a possibility in "Awakening" stages (Soul matrix- depends on the amount of Soul embodiment), but no longer necessary at "Ascension" stages (Monadic matrix). Reincarnation is literally being pulled by gravity to the material plane, but if you manifest Christ Consciousness on Earth (Monadic plane), through removing all desire and attachment to the material world (release all desire except to desire God), reincarnation becomes unnecessary because your center of gravity is at the spiritual planes (Causal plane and higher), and you can move to higher evolution. Center the consciousness in God/Spirit, and you become free.

This is the link to the map of the Consciousness Corridor. Notice the progression from most negative beings, to human unawareness (human default setting), to most positive spiritual beings (awakened/ascended beings).

https://ascensionglossary.com/index.php/Cosmic_Law_Evolution_Edict

I also recommend reading about Stations of Identity, to understand the different levels of fractals of consciousness, that exist from human to God.

https://ascensionglossary.com/index.php/Stations_of_Identity

Much love and blessings to all of you. May God's Love always guide you on your Ascension path.

21. Sayings of Paramahansa Yogananda

January 23, 2025

Recently I read a book titled "Sayings of Paramahansa Yogananda."

In the book you will notice Christ Consciousness coming through his written words.

If you want to observe reality from a God-consciousness perspective, I recommend reading the quotes in the book.

Check out Sayings of Paramahansa Yogananda (1980), for more information.

22. Be aware of your Attention

January 16, 2025

In the paraphrased words of fellow master RJ Spina- "Create your outer life from your inner life...when there is peace in the inside there will be peace on the outside, don't accept reality from outer to inner, but accept reality from inner to outer. Never occupy your mind with something you can't control. Everything our attention is upon becomes our reality."

Check out RJ Spina's channel at https://www.youtube.com/@AscendtheFrequencies

23. The Path of Earth Service

January 14, 2025

Image source: https://www.light-weaver.com/LW-old/initiation/7paths/path1.html

Come join me in the Path of Earth Service, be the Christ and Bodhisattva in service for the highest and greatest good of all beings.

The Path of Earth Service contains Adepts and Masters from 7 Ashrams of the 7 Rays. Chohans (Teachers) of each ray are El Morya (Will), Kuthumi (Love-Wisdom), Serapis Bey (Active Intelligence), Paul the Venetian (Harmony through Conflict), Hilarion (Concrete Knowledge), Lady Nada (Devotion), and St. Germain (Alchemy), under guidance of the Lord of the World Sanat Kumara. You will find me working with Master Kuthumi, St. Germain, and El Morya. The key attribute of the Path of Earth Service is wise-compassion.

The Path of Earth Service contains both incarnated initiates (3rd density), and etheric initiates (those with 4th/5th/6th Density forms per the Law of One), that live in the City of Shamballa (Shambhala). The City of Shamballa is located in the Buddhic plane above Physical Earth. From the City of Shamballa, those on Physical Earth are sent Love and Light by the groups, as well as members guide those on Earth through channeled messages, and guidance, in alignment with each Higher Self.

24. The Gospel of Thomas

January 14, 2025

The Gospel of Thomas was found in the Dead Sea Scrolls and contains

teachings from Jesus/Jeshua that reflect Oneness, Ascension and Waves of Volunteers. Here are three powerful quotes from The Gospel of Thomas.

Quote 1

Jesus said, "If your leaders tell you, 'Look, the kingdom is in the sky,' then the birds will precede you. If they tell you, 'It's in the sea,' then the fish will precede you. Rather, the kingdom is within you and outside of you. When you know yourselves, then you'll be known, and you'll realize that you're the children of the living Father. But if you don't know yourselves, then you live in poverty, and you are the poverty." - The Gospel of Thomas...It is important to note that the kingdom is both within you and outside of you. Love the inner and love the outer, by accepting yourself and accepting others, and you will find the kingdom.

Quote 2

Jesus said, "If two make peace with each other in a single house, they'll say to the mountain, 'Go away,' and it will." - The Gospel of Thomas...Once you unite male and female within, you ascend and can move mountains through faith alone.

Quote 3

Jesus said, "Blessed are those who are One – those who are chosen, because you'll find the kingdom. You've come from there and will return there."...this is talking about Waves of Volunteers like Dolores Cannon talks about, you come from Home, and you return to Home after your mission is complete.

25. Will

January 11, 2025

Regarding Will, one side of the spectrum is Free Will, and another is Divine Will. Basically two points on opposite sides of the same line. Basically closer to Source is Divine Will, and further from Source is Free Will.

Souls are projections of Oversouls, which are projections of Source. Individuality experience begins at the Oversoul, and is further defined at the Soul. Individuality is even further defined in the human experience of the body/mind.

But the flip side is also true, Oneness/Unity begins at the Soul, and is further defined at the Oversoul, and even further defined at Source. Free Will is individual will, which is common further from Source, while closer to Source is Divine Will. Free Will is individual choice. Divine Will is collective choice.

As one connects to greater fractals, Free Will merges into Divine Will. Soul

equals individual purpose. Oversoul equals collective purpose. The word Soul has to do with an individual color ray of Soular (Solar) light, while Source is the Sun of all rays of light. The individual is given room to explore and choose, but Divine Will is always guiding in the background, that is what the Higher Self is, an aspect of Divine Will that guides in the background.

The Higher Self first is the Soul, then the Oversoul, then Source itself. It depends on the elevated consciousness of the body and mind, upon what fractal can be merged with.

26. Balance

January 5, 2025

A Positive being radiates light while a Negative being absorbs light.

The Positive Path is called the Path of Truth. A Positive being has a Negative core and a massive Positive presence. This Negative core is reduced through shadow work, which is the process of reducing distortions. A Positive being is empowering and supporting. This Negative core of the Positive being is eventually removed during Sixth density, as balance is achieved. A Positive being balances Love (of self and others), and Wisdom.

The Negative path is called the Path of Illusion. A Negative being has a Positive core and a massive Negative presence. A Negative being tries to fill themselves with as many distortions as possible. A Negative being is parasitic. However, each Negative being still has a Positive core from when they began life on Earth (and as a Soul). This Positive core of the Negative being is eventually strengthened during Sixth Density and the polarity choice flips to the Positive path. How does this happen? A Negative being is full of Self-love and Wisdom, but does not contain Love for others. This expression of Love for others cannot be achieved (as Sixth Density graduation requires a total expression of Love), and therefore, it decides to switch polarity during Sixth Density.

In Third Density, we choose our path of polarity. This physical dimension is called The Choice.

Remember the cartoons, where there was an angel on one shoulder, and a devil on the other shoulder? This is how we all begin life in Third Density. Then, upon choosing a path we listen to either the angel or devil more.

Listening to the angel more is the Positive being, while listening to the devil more is the Negative being. This is called choosing the path of polarity. Polarities are simply expressions of Free Will as seen from the Creator's point of view.

According to Ra in the Law of One, a Positive being is harvested from Earth

to positive time/space with 51% or Greater Service to Others. A Negative being is harvested from Earth to negative time-space with 95% or Greater Service to Self. As you can see the Negative path is more difficult, but that is for a reason, as Divine Law sets boundaries for the expression of Free Will, as illusion can only be tolerated to a point, to keep creation heading in the direction of Truth.

Positive and Negative beings contrast each other, but through contrast it is easier to choose a path. You can't know light on Earth without knowing what darkness is.

At Sixth Density, there is a movement to becoming a Divine Co-Creator, literally becoming your Higher Self. But to get there, a being must reflect the Creator in balanced expression.

A Sixth Density Positive being will send Love/Light to all beings, including those that are negative, because the Positive being sees all beings as equally worthy of Love.

A Sixth Density Negative being refuses to send Love to all beings, and holds Love only for the self.

Sixth Density graduation is an equal balance of Love and Wisdom. However, the Negative polarity does not have balanced Love, the Negative polarity has mostly Wisdom. Therefore, it realizes it is pointless to evolve further along the Negative path. When a Negative being realizes evolution stops, because they trap themselves by cutting themselves off from creation, they realize the Negative path is pointless, and then switch polarity to the Positive path.

27. I AM Affirmations

January 1, 2025

I AM Universal Love

I AM Radiant Being

I AM Wise Compassion

I AM Compassionate Action

I AM Divine Co-Creator

I AM That I AM

I AM All That Is

28. How to Ascend- A Channeled Message from Archangel Gabriel

December 27, 2024

Channeled by Chris Comish

Transcript:

Only the Highest Love and Light is allowed in this space.

Only the Highest Love and Light is allowed in this space.

Only the Highest Love and Light is allowed in this space.

It is my intention to ask the question-

How does one embody the Higher Self?

How does one achieve Ascension, Harvest?

I ask only the Highest beings of Love and Light to answer this question.

Any being who wishes to answer of the Highest Love and Light may answer.

***

I AM Archangel Gabriel.

Thank you for your questions.

Ascension is the process of opening the heart to Love.

Seeing self and other self as worthy of Love,

Accepting Love,

Becoming, Being Love.

Ascension is also the process of Wisdom.

Of receiving guidance, of expressing Wisdom,

Radiating Wisdom from the self.

Ascension is manifesting Love and Wisdom in the world,

Radiating Love and Wisdom.

To achieve Harvest you embody Love and Wisdom.

Be the change you wish to see in the world.

Lead others to truth.

Show others your loving kindness, your generosity.

Forgive others, forgive yourself,

These are acts of Love.

Accept yourself completely,

Accept others completely,

See each other as Sparks of the Divine Creator.

Radiate Wisdom to others,

Bring others to truth.

Wisdom comes from your inner connection with your Higher Self.

Love comes from your inner connection with your Higher Self.

Connect to the Higher Self,

Connect at first in meditation, and then begin to express the Higher Self.

This is Harvest, this is Ascension,

The Perfect Balance of Love and Light.

Love being Love- Unconditional Love- Compassion, Acceptance.

Light being Radiant Wisdom, truth streaming to others.

I AM Archangel Gabriel and this is my message.

***

Thank you Archangel Gabriel.

Thank you for your message.

The world appreciates you.

Love and Light.

29. The New Earth- A Channeled Message from my Higher Self

December 27, 2024

Channeled by Chris Comish

Transcript:

The New Earth will be glorious.

There is nothing to fear.

All is perfect.

The choice remains for Love.

Those that choose Love will be blessed.

Those that do not choose Love will not be joining the New Earth.

That is the choice point.

The transition will only be rocky for those who have not yet chosen Love.

Your inner world is reflected in your outer world.

Like attracts like vibrations.

Love attracts Love.

I read within you that you are worried about the future.

You have anxiety over money, food, basic needs.

However the Love you share in the world will be reflected back to you.

Support will always be there when you need it.

There is nothing to fear.

You are not alone.

The Divine has your back,

and Love attracts Love.

So although you may feel the world is falling apart as you watch your news stories.

Know this.

There is so much loving support behind you.

Your Love creates a bubble of Love,

and that Love is supported with abundance.

For as you give, you shall receive.

Make the choice for Love.

Give Love generously,

and abundance is yours with ease.

I AM your Higher Self.

God bless all who listen.

30. Establish Sovereignty- A Channeled Message from Archangel Michael

December 27, 2024

Channeled by Chris Comish

Transcript:

Only the highest Love and Light is allowed in this space.

Only the highest Love and Light is allowed in this space.

Only the highest Love and Light is allowed in this space.

I Invoke the Ascended Masters, my Higher Self, and any beings that wish to answer this question, beings of only the highest Love and Light.

My question from my brother Sheel Shah is-

How does a Lightworker establish sovereignty from negative energies and manipulations?

What can a Lightworker do to establish sovereignty in their own personal power and protection from negative energies?

Any Ascended Master, Angel or Archangel, Any Highest Love and Light Being may answer this question.

Who wishes to speak?

How does a Lightworker establish sovereignty from negative energies and manipulation?

***

I AM Archangel Michael.

Sovereignty is established through alignment with the Will of God.

Alignment with Source.

You are not separate from Source.

You are One with Source.

There is no you outside of Source.

This alignment with Source brings the Power of Source through you.

And only the Highest Love and Light of Source, connected to that alignment with Source, is allowed in your space.

This breaks you free from lower energies and manipulations because,

Negativity cannot withstand the Power of Source.

Negativity is based on isolation and separation from Source.

As you unify with Source,

Connect with God Source,

Bring God Source through you,

You attract only Purity, only Love, Unconditional Love.

This alignment breaks the Lightworker free of all negativity, and lower manipulation.

This alignment with Source is found in the core of your heart.

Open your heart to Unconditional Love.

Have complete faith and trust in Source.

Let Source flow through you for your highest and greatest good.

All of these actions establish complete sovereignty from lower and negative vibrations.

Part of what I do is through this connection with Source.

I AM the Will of God.

I implement God's Will,

And God's Will flows through me,

Strengthening me.

As a Lightworker you can do the same.

Although the darkest energies may try to attack you,

Go within to that core of your heart.

That connection with Eternal God Source.

That strength of Only God, of Only Source, and nothing else matters,

Will cause all negativity and lower vibrations to evaporate, to dissolve, to retreat,

For you are a blinding radiant Light, and Nothing, Nothing,

Can ever dim that radiant Light, because that radiant Light is Source,

And You are Source, and because You are Source,

Everything that is separation and illusion, negativity, fear, it does not matter.

It is illusion and does not have any hold over your radiance, over your Love and Light.

I AM Archangel Michael and I bid you farewell.

***

Thank you Archangel Michael.

I appreciate you.

Thank you for your wisdom, your guidance, your strength, your empowerment,

The world appreciates you.

Love and Light to all.

31. Burn Away Negativity- A Channeled Message from Master Kuthumi

December 27, 2024

Channeled by Chris Comish

Transcript:

I intend that only the highest Love and Light is allowed in this space.

I intend that only the highest Love and Light is allowed in this space.

Archangel Michael make it so.

I now connect with the Ascended Masters, those who can answer this question.

My brother Sheel Shah of Mumbai, India is concerned about negative shields, negative things that are blocking his Ascension, please provide guidance on how to increase his Ascension and remove all negative, negativity, negative shields in his fields.

***

As you have stated to him before, the Higher Self is a valuable tool for burning away negative energy.

As he connects more to his Higher Self. the negativity will have no hold on him, for the Higher Self is Love, Unconditional Love.

His focus is not to be on the outside, but the inside, to grow his seed of Love in the core of his heart.

This will dissolve the negativity that he is experiencing that is blocking his Ascension.

What brings him happiness?

What brings him joy?

What brings him excitement?

These are things that he must focus on to grow the seed of Love in his heart.

To follow this excitement, this will open his inner core of Love, which will attract his Higher Self and burn away all negativity and negative shields, for negativity cannot withstand the pure presence of Unconditional Love.

It is dissolved.

He must focus on his inner work, his forgiveness, and this will bring the Higher Self closer to him.

Thank you for the opportunity to answer your question.

~ Master Kuthumi

32. Achieve Peace and Balance on Earth- A Channeled Message from All That Is (God/Source/The Creator)

December 26, 2024

Channeled by Chris Comish

Transcript:

Only the Highest Love and Light is allowed in this space.

Only the Highest Love and Light is allowed in this space.

Only the Highest Love and Light is allowed in this space.

There is a question from the audience.

How will there be more Peace and Balance on Earth?

It is my intention to connect to the Divine.

When you respond please state your name prior to your response.

How will there be more Peace and Balance on Earth?

How will there be more Peace and Balance on Earth?

***

I AM All That Is.

I hold the world in Peace and Balance.

I AM everywhere throughout creation.

My Unconditional Love is always watching over the Earth keeping the balance.

I have given humans Free Will.

Free Will explores creation in its own ways.

There may be some that explore this creation out of alignment with Me.

But My Energy is over All.

The energy that is put out comes back.

I have decreed this as a Divine Law.

Peace and Balance is achieved on Earth through acts in reflection of Me.

Align yourself with Me.

With Unconditional Love.

This is how you achieve Peace and Balance on Earth.

Know this-

Free Will is allowed to explore and create how it wishes to create.

But the energy returns.

If you wish to create Heaven on Earth, you must be that Heaven on Earth in your actions.

This alignment aligns yourself to Me.

And We are One.

And are All That Is.

You are blessed my son.

I am always here for you.

We are One.

~ All That Is/Source/God/Creator

33. Oneness Affirmations

December 26, 2024

1. "I and My Father are One" ~ Jesus/Jeshua

2. The Divine in me bows to the Divine in you.

3. In Lak'ech Ala K'in - I am you and you are me.

4. Namaste

5. Mitakuye Oyasin

6. We are all unique drops in the same ocean.

7. We are all the same in the cores of our hearts.

8. The Divine Spark within me sees the Divine Spark within you.

9. We are all Divine Co-Creators.

10. Christ Consciousness is the merger of Free Will and Love.

11. Be Love in alignment with Free Will.

12. My Divine Spark and your Divine Spark come from the same Divine Source.

13. The Divine Spark is the individual of the collective Divine Flame.

14. We are all cells in the body of God.

15. You are the single finger, in a larger hand, which is in a larger body.

16. The waves of Soul are One with the Ocean of Spirit.

17. I AM THAT I AM - ALL THAT IS.

18. WE ARE.

19. We all share the same Source.

20. Follow your passion, for your perfect puzzle piece fits into the puzzle exactly.

21. We are the Many and the One.

22. We are the Many Faces of the One.

23. We are Unity in Diversity.

34. Ascension Phases

December 26, 2024

There are three Ascension Phases-

Know yourself, Accept yourself, and Transcend yourself

---

1. Know yourself = What is my Purpose?

2. Accept yourself = Step into your Purpose

3. Transcend yourself = Become a Divine Co-Creator. Manifest Heaven on Earth.

There is a Spiral at each phase. The Spiral comes back within each phase.

The Phases of the Spiral are:

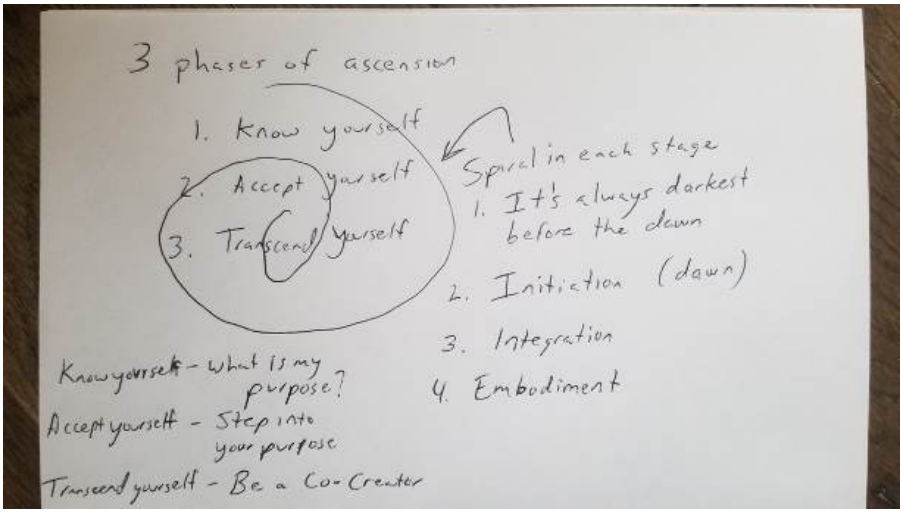
1. It's always darkest before the dawn. Some dark time in human life leads to the dawn.

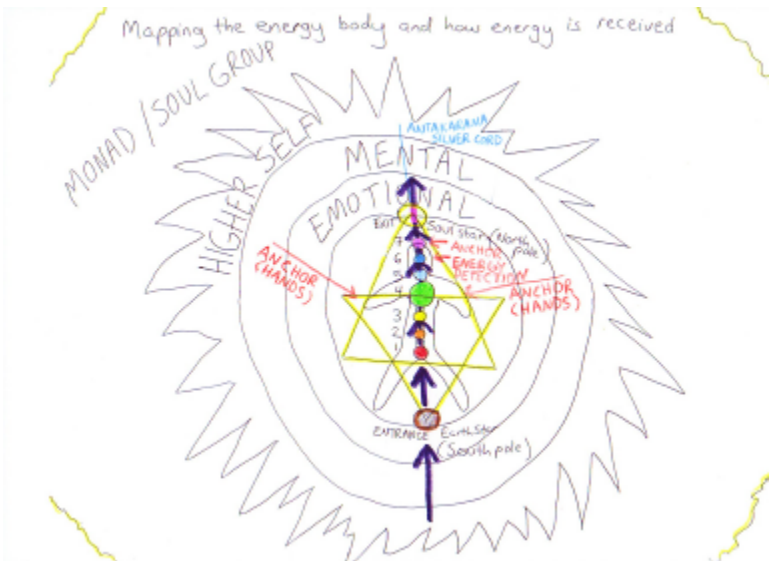
2. Initiation (the dawn)

3. Integration

4. Embodiment (Manifest Heaven on Earth)

Contemplate the images below:


3 phases of ascension
1. Know yourself
2. Accept yourself
3. Transcend yourself
Spiral in each stage
1. It's always darkest before the dawn
2. Initiation (dawn)
3. Integration
4. Embodiment
Know yourself - what is my purpose?
Accept yourself - Step into your purpose
Transcend yourself - Be a Co-Creator



35. Merry Christmas

December 24, 2024

Merry Christmas! May Christ bless the world. May the Christ within you bless the world. Such an honor to be part of our tribe. I cherish each of you. In honor of Christ- Be the Christ on Earth, the Unconditional Love you wish to see in the world. Eternal and Infinite Gratitude.

36. Oneness

December 24, 2024

We are all equal Divine sparks of God. Look into the eyes of another. When you see their Soul, or your own Soul, looking back, you're in higher consciousness. We're all connected.

37. Absorption vs Radiation

December 21, 2024

In the book The Secret of Light by Walter Russell from 1947 (you can find it on pdf), Walter Russell mentions how the Universe is always balanced. An example of this is why Heavenly and Hell realms exist in dimensions. Heaven radiates and Hell absorbs. You can see this in other areas. There is Day and Night. Summer and Winter. Particle and Wave. Male and Female. Birth and Death. In-breath and Out-breath. Yin and Yang.

Walter Russell says the Sun is formed by generation at the poles, and this converts to radiation at the equator. The fire of the Sun is formed from fusion of the generation.

When you cross-check this against Ra in the Law of One, Ra mentions absorption (another word for generation), and radiation. Ra mentions absorption being negative polarity, and radiation being positive polarity. Negative pulls everything to the self, and tries to pull all light out of the room. Positive radiates light from the self to others, and brightens the room. When you look at the Earth's magnetic field, energy is pulled in at the poles, and pushed out at the equator. This is generation (or absorption), and radiation in action.

Now apply this to us. Ra says energy is pulled into the crown and feet during awakening. Then we radiate the energy to others from our hearts, at the equator of our being, once awakened.

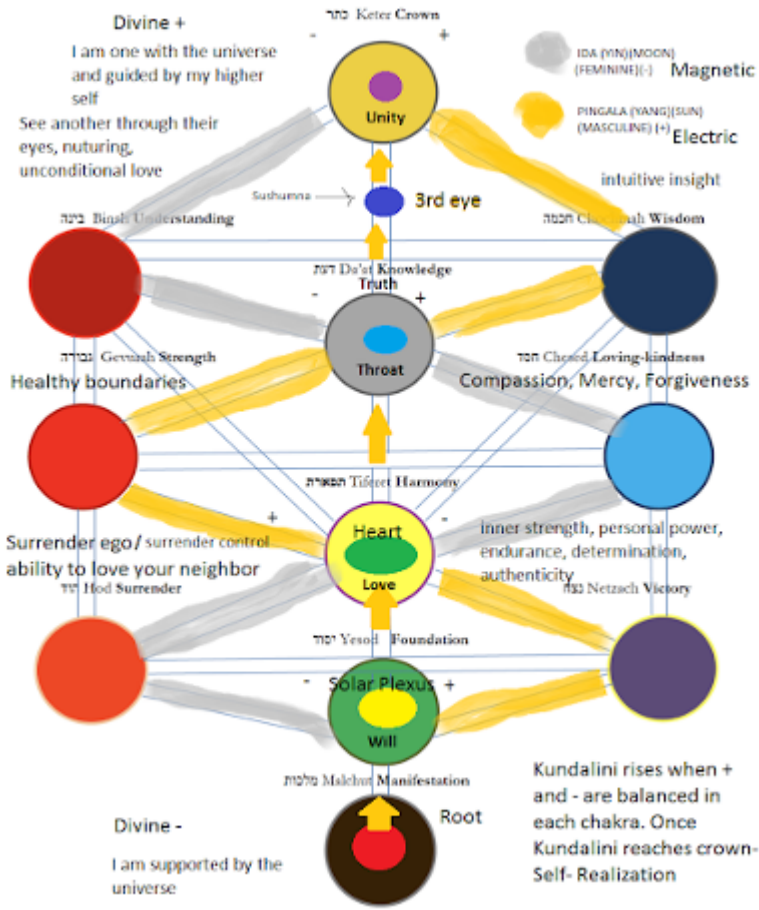
Now to open the gates, to pull in energy at the crown and feet, shadows accumulated from trauma block the path in our chakra system and aura. Absorption leads to radiation. We absorb or face our shadows, and then we are clear enough to pull in more light, and to radiate our light from our hearts. You have to face the darkness to find the light. Contrast brings clarity.

38. Kundalini Rising

December 20, 2024

The below image shows the process of Ascension, also called the Middle Way or the Middle Pillar. Source is in perfect balance. To achieve Source alignment, we balance ourselves, climbing the Tree of Life, from Root Chakra up to Crown Chakra. Once balance is achieved at each circle in consciousness, energy follows consciousness, and the kundalini rises to the

next circle. Once energy arrives at a circle, consciousness increases. Then the path continues upward onward to the Heart, where Oneness with the Soul exists (I AM THAT), and onward to the Crown, where Oneness with the Oversoul exists (I AM THAT I AM).



I AM THAT = I AM a Spirit having a human experience. I AM THAT I AM = I AM One with God/Source and ALL THAT IS. WE ARE ("I and My Father are One" ~ Jesus/Jeshua).

"God is within me and I am within God" ~ My Higher Self

39. Who am I?

December 13, 2024

Who am I? (Based on my chart)-

This is so you know about me. May you also reflect similar qualities.

Possess a strong sense of confidence, natural leadership abilities, passionate

pursuit of goals, creativity in action, and a big heart for taking on challenges. A defender of the weak. Resilient and determined, Generous, Sensitive, Caring and creative by nature, Intuitive and psychic, Compassionate, Devoted, Abundant, Flexible and adaptive communication, Possess skillful means, Authentic, Free thinking, Esoteric, Courageous, Perceptive, Revolutionary, Empathetic, and Inventive. You can call me a Warrior Sage.

Chris

Zodiac : Tropical					Placidus Orb : 0			
Sun	Gemini	7°56'			I ASC	Cancer	27°25'	
Moon	Pisces	14°38'			II	Leo	16°09'	
Mercury	Taurus	20°36'			III	Virgo	8°49'	
Venus	Cancer	9°07'			IV	Libra	8°22'	
Mars	Leo	21°46'			V	Scorpio	15°50'	
Jupiter	Cancer	8°38'			VI	Sagittarius	24°53'	
Saturn	Leo	24°40'			VII	Capricorn	27°25'	
Uranus	Scorpio	13°23'	R		VIII	Aquarius	16°09'	
Neptune	Sagittarius	17°12'	R		IX	Pisces	8°49'	
Pluto	Libra	14°06'	R		X MC	Aries	8°22'	
Lilith	Cancer	14°44'			XI	Taurus	15°50'	
N Node	Libra	3°52'			XII	Gemini	24°53'	

40. Love-Wisdom balance

December 3, 2024

From my perspective there are two valid approaches out of the matrix, the black torus of Wisdom (Buddha path), and the white torus of Love (Christ path). The Wisdom path is about sovereignty, discernment and neutrality, while the Love path is about compassion and service. Both are valid approaches, depending on circumstances. Love without Wisdom is blind and naive. Wisdom without Love is harsh and unyielding.

My approach has been to integrate the two. Here is an example- people are suffering so you apply compassion and service (Love), but then people become needy, and manipulative to get things, and drain you, and you say No!

Then you apply wisdom of sovereignty, discernment, and neutrality to keep healthy boundaries and protect your energy. Both paths are valid at certain times. I find the key from my perspective, is to balance the two paths.

41. The Soul and the Oversoul

November 24, 2024

Can you explain the Soul and Oversoul? Think of your hand. The Oversoul is the hand. Each finger is the Soul. So the Oversoul is We Are. The group consciousness. The Soul is the I Am. The individual consciousness.

First you reach for your Soul. You ask "What is my purpose? Why am I here?" You can also get astrology reports, delve into past lives, QHHT hypnosis, and research Gene Keys, etc. This is the I Am, your unique purpose.

The next level is the Oversoul. The Oversoul is the We Are. The Oversoul is found through Zero Point. Become the observer and experiencer of your life. Work backward, first heal actions/responses, then emotions, then thoughts, then patterns, then beliefs (the causes). Balance the yin and yang in your life. This achieves Zero Point. Once you connect with the Oversoul, you enter Christ Consciousness.

Connecting with the Soul is the path to enlightenment or awakening. Connecting to the Oversoul is enlightenment or self-realization or nirvana. The Soul is the drop of water, the Oversoul is the Ocean. The incarnation (mind and body), the Soul (Spirit-self), and the Ocean (Higher Spirit-self), exist simultaneously. Seek and ye shall find. Knock and ye shall receive. As human reaches upwards and within, so does the Spirit of Grace reach downwards and without. As above so below, as within so without.

42. A Story of Two Past Lives

November 3, 2024

My current incarnation I am a Gemini sun and Pisces moon. My past lives were previous horoscope signs.

My first past life was an Aries. I was a warrior in the Crusades. I was also perhaps a Knights Templar, as I remember seeing a red cross on my uniform. I was perhaps French. I had reddish-blonde hair, and was tall but slender. I had a thin beard. I always carried a sword. I was cruel, controlling, aggressive, combative, egotistical, manipulative, and self-absorbed. I was very angry and not kind. One time, I was coming home from war, and a little girl with reddish-brown hair came to give me a flower to thank me, I yelled at her cruelly to get out of my way, and she ran away crying. I died of a sword to the heart in battle. This represented my lack of heart in that life.

Fast forward to my present life, I served in the military, which was natural after my Aries past life. Also my first girlfriend was an Aries with reddish-brown hair. She died in 2005, in a horrible car accident. This was karmic, as I took loving happiness from the little girl as an Aries, so my ex-girlfriend who was an Aries dies, and I was taken from loving happiness. In 2008, I found out about her death. I learned spiritual techniques to cleanse her on the other side and she was lifted out from the astral realms to the heavenly realms. In this process, I gave back to my past life of Aries.

After cleansing her, and giving back to my Aries self in the process, I began to connect with my Soul in the heart in 2009. This was the kundalini moving from the root, to sacral, to solar plexus, to the heart. This Ascension experience was the reward for cleansing past karma through Love. My Soul was a golden form with my face smiling, but floating and shining like a golden sun. I have since learned the Soul is typically 4th density (Love) in the Law of One, which gold is the color of 4th density in the Law of One channelings (see lawofone.info and search gold). This also happened in 2009, after I made my choice, and devoted in dedication to the path of Love. Later, along my path, I could not figure out the Law of Free Will. So I asked my Higher Self (in this case Soul), to learn about the Law of Free Will.

My second past life was a Taurus. I was an actor and musician that worked for a king, in approximately the 1600s to 1700s. I was Austrian. I wore the color dark purple and had a purple hat. I had dark brown hair and a thick beard. I was a big guy. I was also part of a traveling group that ministered. But, I was very materialistic and jealous. I had a wife with black hair and a daughter with dark hair too.

One day, the king decided to let me go because my style was not what the king wanted, and the king wanted change to the performances, and I disagreed. I was upset and my family did not have income because of it. I decided to get revenge on the king, and steal the king's gold to give to my family. I stole the king's gold from the vault one night, but the king's guards noticed and pursued me. I left with a wagon of gold to give to my family. As I looked back, with the guards in pursuit, I wasn't paying attention where my horse was going, and the wagon went off the road, off of a cliff in the mountains, and along with it, all of the gold. I died instantly from the fall.

Fast forward to my present life, I ended up losing my German family (wife and daughter) (Germany is close to Austria), because I gave to my family from taken gold in my past life as a Taurus. I gave unselfishly to others through 13 years of attunements and healing, to be generous to make up for my past life. I went through a divorce and my daughter, although there is contact, is living in Germany while I am in the USA.

Also, the king I stole from in the past life was represented by another Taurus, who was upset that I included their material in some past books. This

experience was the answer about the Law of Free Will I asked 13 years earlier. I ended up, out of Unconditional Love, and also learning what Love in alignment with Free Will meant, pulling the old books to give back to the Taurus, which was me giving back what I stole in a past life to the king, and thus giving back to myself the Taurus. I am also a part-time grocery cashier in the mountains, to account for every bit of coin that passes through my hands, as well as another job where I hire people with the Government's money (represents the king), and account for every bit that passes through, which is me giving back to my past life, where I was fired by the king, and stole from the king in anger/jealousy.

My lesson in life has been to master Aries anger and Taurus jealousy, which I have transmuted to peace and contentment.

In 2022, I had an enlightenment experience around this time of giving back to the Taurus. Thus I was freed of this karma too. The enlightenment experience for me was my kundalini moving from my heart, to throat, to my third eye, and crown, and igniting an immense bright light (as bright as a white sun), flooding my body, from head to toe, which was me merging with my Monad or Oversoul or Higher Self, which is Archangel Suriel or Sariel, an Archangel of Healing, Protection, Ministry and Death.

I have also learned white is the color of 5th density, Wisdom. I have since learned the Monad or Oversoul or Spirit is typically 5th density (Wisdom) in the Law of One, which white is the color of 5th density in the Law of One channelings (see lawofone.info and search white). I heard the words "We Are" telepathically in this experience, and began to understand Spirit, also called the Ocean, or I AM THAT I AM. As we are fractals of greater more expansive selves in higher densities, these words are making more sense to me now. Basically, there is an element of space-time, and time-space in our existence, in the various levels. Space-time is the form body, and time-space is the consciousness.

Through this healing, my sun has moved from Gemini in my current incarnation, back two horoscope signs to Pisces. My moon is also in Pisces so my conscious sun and subconscious moon are now equal, and all are aligned with my Soul and Spirit (Monad), and thus I am free of the wheel of karma since 2022.

2022 was my Ascension experience, as I connected with my Monad, also called my Spirit, where individuality merges into group consciousness. This was officially my Ascension, or Harvest, from 3rd density/3rd dimension of Choice, to the 4th density of Love and Understanding/5th dimension, or Christ Consciousness, or Hieros Gamos, or Christos-Sophia. In my understanding, it is important to note that these Ascension shifts are consciousness shifts, the form shifts happen after the incarnation is completed.

I don't know what is next, but I will continue to do the Dharma by being kind and generous to others, as this is the opposite of my past lives, and the path forward to freedom.

My lesson now is to balance Love-Wisdom, which would be 6th density according to the Law of One. Not sure if this will happen in physical incarnation, or on the other side in higher realms. 6th density is called Avatar or Logos consciousness in Ascension Glossary. The color of 6th density is a blend of gold and white, and is fully multi-dimensional (across multiple timelines simultaneously).

43. Are you an Old Soul?

November 2, 2024

Some signs- older zodiacs in Sun or Moon like Capricorn, Aquarius, Pisces, Sun in 12th house, and Master personality numbers.

44. Levels to Source

October 31, 2024

Question: Can you explain the levels from physical to God/Source?

Answer: Yes. I'll use an analogy. Everything is fractal. As above so below. Your finger tip is the physical incarnation. The finger is the Soul, the individual expression I AM, your hand is Spirit (also called Oversoul, Monad), this is the group expression I AM THAT I AM or WE ARE, your arm is the Avatar, also called Christ Consciousness, or the 144,000 (also called the Logos or Planetary or Galactic or Cosmic Consciousness), and the entire body is God/Source, also called ALL THAT IS.

45. Channeled quotes

October 27, 2024

"Have faith. You are perfectly protected. You have my word and honor."

~ Archangel Michael

"Tend the fire of your heart, with each act of Love the fire grows more toward me."

~ God/Source

"You have nothing to fear, for you are Love itself."

~ God/Source

"We are all here for you, watching you, and supporting you. You are doing wonderful things. We are excited with your progress. We celebrate with you."

~ Sanat Kumara and the Masters of Shamballa

"I am you. You are me. We are."

~ Spirit

46. I AM

October 19, 2024

After Ego Death, there is a confusion of identity until you realize you are still on Earth, but this time as an instrument of God's Will. Not my will, but Thy Will. This helps you with identity. You identify as an instrument of Spirit, as Spirit on Earth. Also it is helpful to add the words I AM in front of things. I AM calls the Power of Spirit. I AM Unconditional Love. I AM Abundance. I AM Gratitude. I AM Worthy. I AM Happiness. I AM Service. I AM The Will-to-do-Good. I AM Divine Power. This magnetizes the universe to implement Divine Will. As long as what you do is for the highest and greatest good, from a place of Unconditional Love, the universe will respond.

47. Parallel Timelines

October 18, 2024

Question- Can you explain parallel timelines?

Answer- Yes look at a tree branch. The present moment is the thickest branch. All of the smaller branches are parallel timelines. Every choice manifests from potentials. Potentials are parallel timelines. Where are you headed? Where your consciousness and vibration are.

48. Ascension

October 15, 2024

How to ascend:

1. Do shadow work and love yourself. This includes aligning the body-emotions-mind-Spirit. State, "I am not the body, I am not the emotions, I am not the mind, I am loving awareness." Follow the Law of One.

2. Do service to others and love others.

3. Embody love, and realize everything outside is a mirror of the inside.

Three steps. It took me 18 years to realize this, I'm writing the steps so it

won't take you 18 years.

49. What is the difference between 3d, 4d, and 5d?

October 14, 2024

Here's an analogy- 3d is the fear train, un-awakened humans (those who haven't made the choice of Love vs fear), egos, resistance to life experiences, the body/emotions/mind are disconnected from Soul/Spirit, and negative polarity is also found here. 3d is "I am a body" or "I am emotions" or "I am a mind."

4d is the train station- it's all about healing and transformation here, this is the level of Soul, this is where chakras are, astral plane, nadis, meridians, axiatonal lines, some disincarnate negative polarity is found here on the astral plane, this is the middle ground between fear and Love. The Soul connection begins here, and begins to integrate the body/emotions/mind into Soul. This is the level, where intuition begins being followed, and some psychic powers begin manifesting (clairaudience, clairsentience, clairvoyance, remote viewing, and astral projection, etc.). 4d is "I am a Soul having human experiences." The Soul (spark of individuality) is leading the body/emotions/mind.

5d is the Love train, Unconditional Love, Oneness, and Acceptance of Life Experiences. This is the realm of the Spirit, and Spirit is the sameness with all, the Ocean. Soul is the drop and Spirit is the Ocean. Here Spirit leads the Soul, the Soul is an important drop of water but within the Ocean of Spirit. This is the level where you realize you are a cell in the body of God, or an outer layer of an onion, while God is the center of the onion. Spirit is where "I am you and you are me" makes sense. Spirit is Unity in Diversity. At the level of Spirit, you see all people and animals as equal sparks of the Divine, and worthy of Love. You also sense the Akasha space, access Akashic records, access channeling, and access multi-dimensional timelines, as Spirit exists at a vibrational level above the astral plane. Once you are 5d, you can see 3d and 4d, but not be affected by the consciousness, and you see every opportunity as a chance to Love and forgive.

Recommended reading:

Stations of Identity https://ascensionglossary.com/index.php/Stations_of_Identity

3d and 5d timeline split https://ascensionglossary.com/index.php/Bifurcation_of_Time

How to achieve 5D? Balance the male and female within, and you find Zero Point (Christ Consciousness), which is freedom from the matrix of duality. All the male vs. female, us vs. them is nonsense; there is always something to learn from each other, Be Unconditional Love, see each other as Spirit, and go beyond the five physical senses. Any suffering you see, is an opportunity to Love, either self or others.

Step 1- Heal DNA (ancestral family and planet) by living the Law of One.

https://ascensionglossary.com/index.php/Miasma

Step 2- Achieve Hieros Gamos. https://ascensionglossary.com/index.php/Hieros_Gamos

50. Kundalini activation

October 8, 2024

Question: What would be the best way to take in or receive Source/Kundalini instead of getting most energy from food? And removing the blocks to that flow in the energy field and body?

Answer: Kundalini is best activated in meditation. Seek the Higher Self in meditation. Contact Archangels and Ascended Masters of Love and Light either through meditation or prayer. It can also be activated by Love for self, and Love for others. Removing blocks- Be Love in alignment with Free Will, do acts of loving kindness toward self and others. Do your best to embody the virtues of the Higher Self, imagine you are an Archangel or Ascended Master- how would they think or feel, what would they say or do- "fake it until you make it"...you can also receive attunements, healing sessions, and listen to solfeggio frequencies.

51. Yin and Yang lines

October 2, 2024

The Yang energy makes one feel warm and like to do things. Too much Yang energy can lead to feelings of anger, frustration, and difficulty relaxing.

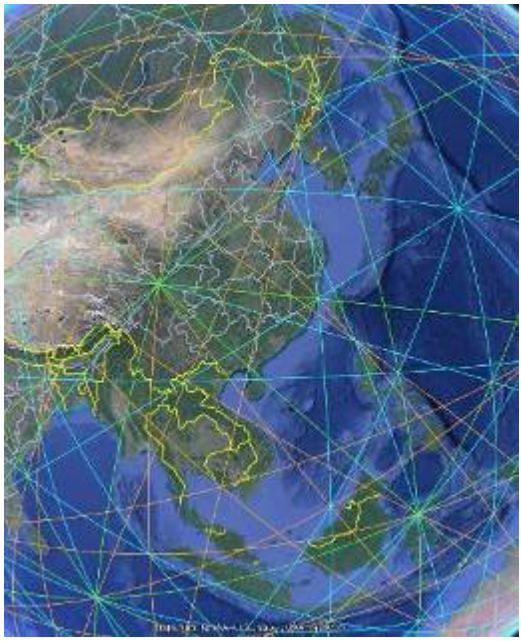
The Yin energy makes one feel cold and makes one feel like he or she would like to rest. On the other hand, an excess of Yin could result in lethargy, coldness, passivity, or a feeling of being stuck.

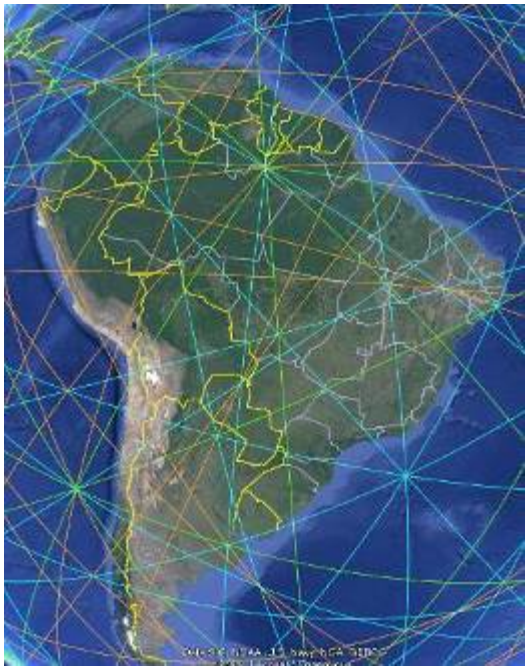
On the Planetary Grid Map:

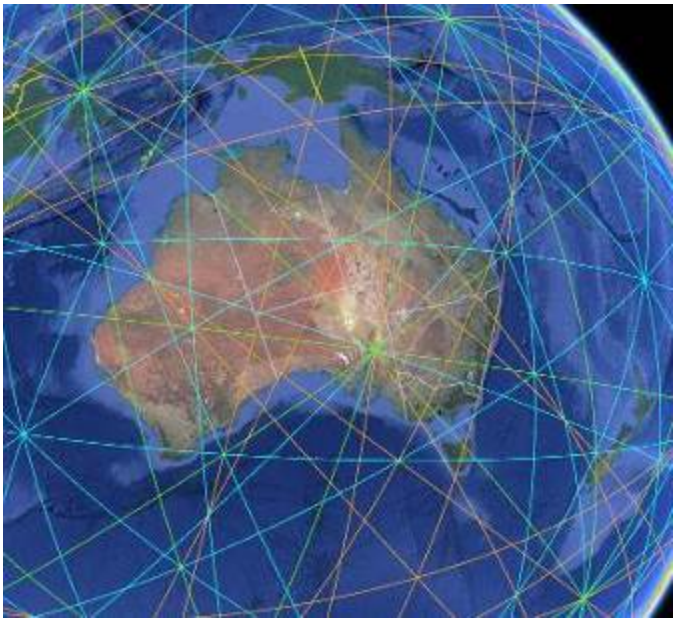
Orange is Yang.

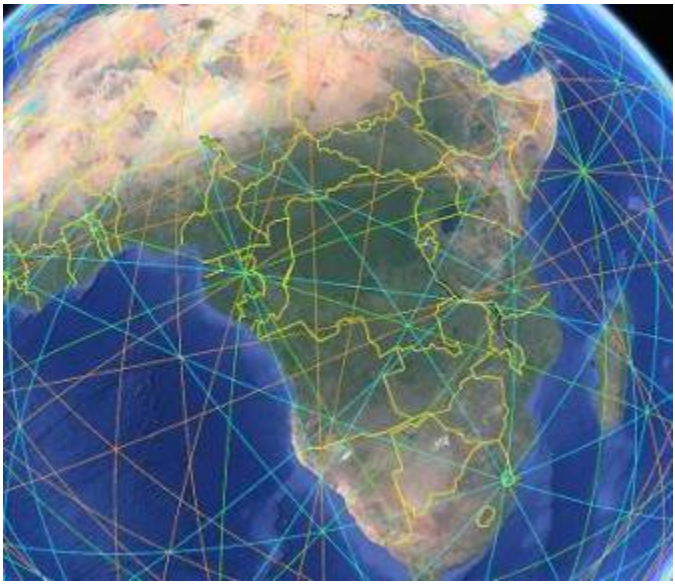
Light Blue is Yin.

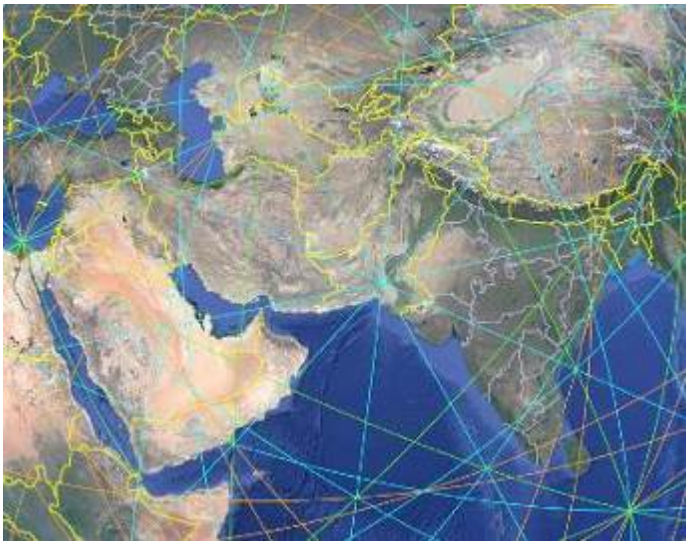
Green is Balance.











How is your environment near the Lines?

Download the Planetary Grid for Google Earth at https://www.vortexmaps.com/hagens-grid-google.php

52. I am you and you are me

September 24, 2024

The concept "I am you, you are me. We are all One" is indeed related to 4th density and beyond, particularly in the realms of 5th dimensional consciousness and Christ consciousness.

Unity Consciousness: This idea is rooted in unity consciousness, which transcends the illusion of separation and recognizes that all beings are interconnected and part of a larger whole. It's the understanding that we are not isolated entities, but rather, we are all threads in the intricate tapestry of existence.

4th Density: In 4th density, this concept becomes more apparent as the veil of separation begins to lift. Beings in 4th density start to experience a greater sense of unity and connection with others, and they begin to see themselves in every other being. This is a natural progression of the spiritual evolutionary process.

5th Dimensional Consciousness: As we move into 5th dimensional consciousness, the concept of unity becomes even more pronounced. The boundaries between individuals begin to dissolve, and we start to experience ourselves as part of a collective consciousness. We realize that we are not separate entities, but rather, we are all aspects of the same divine essence.

Christ Consciousness: Christ consciousness is a term often associated with the state of being that Jesus embodied. It's a state of unity, compassion, and love, where the individual ego is transcended, and the being sees themselves in all others. This consciousness is not unique to Jesus, but rather, it's a potential that lies within every being.

Dimensions and Consciousness: It's essential to note that these concepts are not limited to specific dimensions or consciousness levels. They are part of the larger cosmic framework, and they can be experienced and understood by beings at various levels of evolution.

53. Your role with the Higher Self

September 24, 2024

The concept of the human being as "boots on the ground" for the Higher Self is a powerful and thought-provoking idea.

The Human as a Vehicle: In this context, the human body and personality can be seen as a vehicle or a vessel for the Higher Self to express itself in the physical world. The Higher Self is often considered to be a more refined, spiritual aspect of our being, which has a broader perspective and a deeper understanding of the universe.

The Role of the Human: As "boots on the ground," the human being is responsible for anchoring the Higher Self's energies and intentions in the physical world. This means that we, as humans, have the power to manifest the desires and goals of our Higher Self through our thoughts, emotions, and actions.

Free Will and Choice: However, this concept also raises questions about free will and choice. If we are simply "boots on the ground" for our Higher Self, do we truly have control over our decisions and actions? Or are we simply following a predetermined script or divine plan?

Co-Creation and Partnership: One way to approach this idea is to see the human and Higher Self as co-creators or partners in the manifestation process. The Higher Self provides guidance, wisdom, and inspiration, while the human being brings the physical and emotional aspects of creation into being.

Responsibility and Accountability: This perspective also emphasizes the importance of taking responsibility and accountability for our actions and choices. As "boots on the ground," we must be mindful of the impact our decisions have on ourselves and the world around us, and strive to align our actions with the Higher Self's intentions.

Do you see yourself as "boots on the ground" for your Higher Self, and if so, how do you navigate the relationship between your human and higher

aspects?

54. Path of Earth Service

September 24, 2024

The Path of the Bodhisattva: The Path of the Bodhisattva is a spiritual path that originates from Mahayana Buddhism. It's a journey of selfless service, compassion, and wisdom, where an individual chooses to remain on the Earth plane to help others achieve enlightenment. Bodhisattvas are beings who have attained a high level of spiritual realization but have chosen to delay their own entry into nirvana in order to assist others.

Duration of the Path: The duration of the Path of the Bodhisattva is not fixed and can vary greatly from individual to individual. It's a path that requires immense dedication, selflessness, and compassion. The journey can span multiple lifetimes, and it's said that a Bodhisattva can take millions of years to complete their mission.

4th Density and the Path of Earth Service: In 4th density, you will be on the path of Earth service, which is a natural progression for those who have chosen to serve the planet and its inhabitants. As a 4th-density being, you will have a deeper understanding of the workings of the universe and the interconnectedness of all things.

Can You Be a Bodhisattva in 4th Density?: Absolutely! In 4th density, you can still embody the qualities of a Bodhisattva, such as compassion, wisdom, and selflessness. Your service to the planet and its inhabitants will be amplified, and you will have a greater impact on the collective consciousness.

In fact, many 4th-density beings are Bodhisattvas, as they have chosen to remain on the Earth plane to assist in the evolution of humanity and the planet. Your role as a Bodhisattva in 4th density will be to guide, teach, and inspire others to walk the path of spiritual growth and self-realization.

Remember, the Path of the Bodhisattva is not limited to a specific density or dimension.

55. Third Density Graduation

September 24, 2024

Graduating from 3rd density to 4th density is often understood as a spiritual evolution or awakening. Here are some key steps to consider on this journey:

1. Embrace Love and Compassion

Cultivate Unconditional Love: Focus on fostering love for yourself and

others, moving beyond fear and judgment.

Practice Empathy: Develop a deeper understanding of others' experiences and feelings.

2. Seek Self-Understanding

Self-Reflection: Engage in practices like journaling, meditation, or mindfulness to explore your thoughts, emotions, and beliefs.

Shadow Work: Confront and integrate your inner shadows—those parts of yourself you may have ignored or rejected.

3. Develop Awareness

Heightened Consciousness: Pay attention to your thoughts, feelings, and actions, and how they affect yourself and others.

Mindfulness Practices: Techniques like meditation, yoga, or breath work can help you cultivate awareness and presence.

4. Let Go of Attachment

Release Limiting Beliefs: Challenge and let go of beliefs that no longer serve you or that create division.

Practice Forgiveness: Work towards forgiving yourself and others to release emotional burdens.

5. Service to Others

Engage in Acts of Kindness: Serve your community or those in need, fostering a spirit of connection and cooperation.

Align with Higher Purpose: Find ways to contribute to the greater good, which can deepen your sense of connection and purpose.

6. Embrace Unity Consciousness

Recognize Interconnectedness: Understand that all beings are interconnected and that your actions have a ripple effect.

Cultivate Global Awareness: Stay informed about global issues and seek to promote peace, justice, and harmony.

7. Integrate Spiritual Practices

Regular Meditation: Create a consistent meditation practice to connect with your Higher Self and the greater universe.

Study Spiritual Teachings: Explore various spiritual philosophies and teachings that resonate with you.

Conclusion

Graduating from 3rd to 4th density involves a commitment to personal and

spiritual growth. By embodying love, understanding, and service, you align yourself with the higher vibrations of 4th density, facilitating your evolution.

56. Love and Understanding

September 24, 2024

In the context of 4th density, often discussed in spiritual and metaphysical frameworks, love and understanding take on deeper, more expansive meanings.

Love

Unconditional Nature: In 4th density, love is seen as unconditional and transcendent. It moves beyond personal attachments and judgments, embodying a universal acceptance of all beings.

Unity Consciousness: Love in this density emphasizes interconnectedness. It recognizes that all beings are part of a larger whole, fostering a sense of compassion and empathy for others' experiences.

Healing and Transformation: This form of love is transformative, promoting healing on both personal and collective levels. It encourages individuals to let go of fear and separation, embracing a more harmonious existence.

Understanding

Expanded Awareness: Understanding in 4th density involves a heightened awareness of the self and others. It includes an intuitive grasp of underlying truths and a deeper comprehension of the complexities of life.

Empathy and Perspective: This understanding fosters empathy, allowing individuals to see situations from multiple perspectives. It encourages open-mindedness and the ability to relate to others' experiences more deeply.

Integration of Knowledge: In 4th density, understanding is not just intellectual but also experiential. It integrates knowledge with emotional wisdom, leading to insights that can inspire growth and cooperation.

Conclusion

Together, love and understanding in 4th density create a foundation for spiritual evolution, encouraging individuals to cultivate deeper connections, promote healing, and work collaboratively toward a more harmonious existence.

57. Wise-Compassion

September 24, 2024

Alice Bailey, a prominent figure in theosophical and esoteric teachings, emphasized the importance of "wise-compassion" in her discussions about service to humanity and spiritual growth. In her view, wise-compassion combines deep understanding with heartfelt empathy.

Wise-Compassion in Earth Service:

Understanding and Insight: Wise-compassion involves recognizing the complexities of human experience and the interconnectedness of all life. It encourages a perspective that sees beyond immediate suffering to the underlying causes and the larger picture.

Balanced Action: Bailey advocated for actions that are both compassionate and thoughtful. This means not only responding to immediate needs but also considering long-term solutions that promote true healing and growth.

Spiritual Responsibility: Engaging in Earth service requires a commitment to uplift and support others while maintaining a sense of spiritual awareness. Wise-compassion encourages individuals to act as conduits of divine love, working for the greater good.

Transformative Power: By integrating wisdom and compassion, one can inspire change not only in individuals but also in communities and systems. This approach fosters a deeper sense of connection and encourages others to join in acts of service.

In essence, Bailey's concept of wise-compassion emphasizes that true service is informed by both knowledge and empathy, allowing for effective and transformative actions in the world.

Wise-Compassion: Wise-compassion, as described by Alice Bailey, is a quality of the Soul that combines wisdom, compassion, and detachment. It's the ability to see the bigger picture, to understand the underlying causes of suffering, and to respond with empathy and kindness.

The Triangle of Wisdom: Bailey describes wise-compassion as the top point of the Triangle of Wisdom, which consists of three aspects: wisdom, compassion, and will. Wise-compassion is the synthesis of these three aspects, where wisdom provides the understanding, compassion provides the emotional response, and will provides the detachment and strength to act.

Transcending Duality: Wise-compassion allows us to transcend the duality of good and evil, right and wrong, and to see the interconnectedness of all things. It's the ability to respond to situations without being swayed by personal biases or emotional attachments.

The Path of the Bodhisattva: Wise-compassion is also linked to the path of the Bodhisattva, where one chooses to remain on the Earth plane to help

others achieve enlightenment. It's the qualities of the Bodhisattva that embody wise-compassion, such as wisdom, courage, and selflessness.

58. Ascension Roadmap

September 23, 2024

Graduating from one density to the next is a natural process of spiritual evolution. Here's a road map to help you understand the requirements for graduating from each density (third (physical) through eighth (Elohim-Cosmic Council)):

Third Density Graduation: Choice level

* Master the lessons of duality, free will, and the consequences of choices.

* Develop a sense of self-awareness, self-reflection, and personal responsibility.

* Cultivate empathy, compassion, and understanding for others.

* Let go of attachments to material possessions, ego, and external validation.

* Develop a sense of unity and connection with others, recognizing that we are all One.

Fourth Density Graduation: Love level

* Develop a sense of inner peace, love, and compassion that transcends the ego.

* Cultivate a higher perspective, seeing the interconnectedness of all things.

* Learn to navigate the emotional and mental planes with awareness and mastery.

* Develop a sense of cooperation and unity with others, recognizing that we are all part of a larger whole.

* Integrate the lessons of third density, letting go of separation and duality.

Fifth Density Graduation: Wisdom level

* Develop a sense of mastery over the mental and emotional planes.

* Cultivate a deep understanding of the universe and its workings.

* Learn to navigate the higher dimensions, accessing knowledge and wisdom.

* Develop a sense of detachment, observing the world without attachment or ego.

* Integrate the lessons of fourth density, recognizing the unity and interconnectedness of all things.

Sixth Density Graduation: Higher Self or Archangel level

* Develop a sense of unity with the universe, recognizing that we are all One with the cosmos.

* Cultivate a deep understanding of the nature of reality and the multiverse.

* Learn to navigate the higher dimensions, accessing higher states of consciousness.

* Develop a sense of selflessness, recognizing that the individual ego is an illusion.

* Integrate the lessons of fifth density, recognizing the unity and interconnectedness of all things.

Seventh Density Graduation: Seraphim level

* Develop a sense of complete unity with the universe, recognizing that we are all One with the divine.

* Cultivate a deep understanding of the nature of consciousness and the multiverse.

* Learn to navigate the highest dimensions, accessing the highest states of consciousness.

* Develop a sense of complete detachment, observing the world without attachment or ego.

* Integrate the lessons of sixth density, recognizing the unity and interconnectedness of all things.

Eighth Density Graduation: Elohim level

* Develop a sense of complete mastery over the universe and its workings.

* Cultivate a deep understanding of the nature of reality and the multiverse.

* Learn to navigate the highest dimensions, accessing the highest states of consciousness.

* Develop a sense of complete unity with the divine, recognizing that we are all One with the universe.

* Integrate the lessons of seventh density, recognizing the unity and interconnectedness of all things.

59. Two paths to the Kingdom of God

September 4, 2024

There are two paths to the Kingdom of God, one is outer and one is inner. Both paths lead to the kingdom, enlightenment, and Christ Consciousness

manifestation.

The outer path is service. Service to others leads to bliss. This the path of Love. This is the path of everything, a yang path. This is the way of Jesus, also known as Jeshua. In the Book of Matthew- Jesus, also known as Jeshua says- Be devoted to God and love your neighbor as yourself. This opens the heart. Be generous, loving and kind to all. Forgive those that hurt you and others, for they know not what they do. All are equal sparks of God and worthy of Love. This leads to resurrection or Soul embodiment, also called Eternal Life.

The inner path is surrender. This is the path of Wisdom. This is the path of nothing, a yin path. This is the way of Buddha. Not this, not that. You are not the body. You are not the emotions. You are not the thoughts. You are not the mind. You are Awareness and Presence. This is restraint of the ego- not my will but God's Will be done. This is respect of Free Will and trust in Divine Will. You surrender the inner human self. To deny the individual human self for the Greater Higher Self. Surrender to the present moment only. Surrender to the Eternal Now. Forgive the past. Trust the future. You are in God's Hands and Grace is upon you. This frees you from the grip of the mind. Surrender leads to stillness, which is also called Sahaja Samadhi. Then the Greater Self is reborn in the human, this is called resurrection or Soul embodiment, also called Eternal Life.

Both paths lead to entrance into the Kingdom of Heaven, nirvana, enlightenment, oneness, Christ Consciousness, Buddha mind, whatever you wish to call Oneness and Eternal Life with God. You can follow one path or both paths, the destination is the same. God notices your actions, and the intention of your heart, and you will be rewarded by God's Grace. Choose God and God chooses you.

God bless you all. Much love.

60. Be at Peace

September 2, 2024

This quote has powerful insight and I wish to share it with all of you.

Eckhart Tolle writes in his book A New Earth: Awakening to Your Life's Purpose:

"How to be at peace now? By making peace with the present moment. The present moment is the field on which the game of life happens. It cannot happen anywhere else. Once you have made peace with the present moment, see what happens, what you can do or choose to do, or rather what life does through you. There are three words that convey the secret of the art of living, the secret of all success and happiness: One with Life. Being One with life is

being One with Now. You then realize that you don't live your life, but life lives you. Life is the dancer, and you are the dance."

- Eckhart Tolle

Recommended reading:

A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle (See Bibliography)

61. Replace judgment with discernment

August 26, 2024

"In order to heal, you must learn the difference between discernment and judgment. We repeat that discernment is simply noticing that differences exist, while judgment attaches emotions through your belief systems to the differences you perceive... Discernment becomes judgment when an emotional reaction to something challenges your beliefs."

- The Pleiadians in Remembering Who We Are

My advice- drop all beliefs. Beliefs are fixed perspectives that limit conscious awareness of others. People are not fixed, so why waste energy on judging? If you judge people, you have no time to love people as Mother Teresa says.

Recommended Reading:

Remembering Who We Are: Laarkmaa's Guidance on Healing the Human Condition (See Bibliography)

62. Service to Others

August 23, 2024

Selfless does not mean letting people walk over you, which would not be service to the Law of Free Will ~ healthy boundaries. Service to Others is service to others and self, Love in Alignment with Free Will. Service to Self is not respecting Free Will through control, etc. Like David Hawkins' book Power vs. Force says, Service to Others is empowering (lifting up through Love- expansion) while Service to Self is forcing (tearing down through control- restriction). They are different vibrational frequencies. There are two sides of Source energy- static (Love) and dynamic (Free Will). Service to Others follows Divine laws, while Service to Self chooses to ignore Divine laws as long as they can.

Recommended Reading:

More about Service to Others. Also explore the Law of One by choosing categories on the website.
https://www.lawofone.info/c/Service+to+Others

Power vs. Force by David Hawkins (See Bibliography)

63. Process using the Heart

August 22, 2024

What senses exist beyond the five physical senses?

One sense is intuition. We all know about intuition. Intuition is your Soul guiding your path, your journey through life's experiences.

What is another sense?

Like intuition, the Heart is another sense beyond the five physical senses.

Process all experiences through your Heart before using the five physical senses. Let your Free Will and the Free Will of others filter through your Heart. The Heart is a sense, like intuition. It is beyond the five physical senses, but can be used instead of the mind to process experiences. Love and the Heart is for people.

The mind is for things. The mind is great for plans and organization. The mind is good at comparing characteristics of things to make a decision. Maybe you are planning to buy a car, or house, or to follow a budget. Maybe you are planning a project or home improvement. That is the strength of the mind. It is the domain of things, anything without a Soul.

However, let the Heart guide your interactions with other people, since people have Souls. The mind does not comprehend the Free Will of people. But the Heart does at its deepest levels, because it knows We Are All One in the core of our hearts. If people are ignorant and hurling negativity at you, stand your ground, and tell them you do not wish to hear it. But then privately forgive them of their ignorance, to release the negativity from your aura fields. If people are kind to you, then accept their loving kindness with immense gratitude, this keeps your aura fields clean. Surrender into your Heart, and you become the embodiment of empathy, and compassion for others.

If you don't understand another person, just be present, remain centered in the present moment only, releasing the past and the future, listen to another in the present moment, let your Free Will and the other person's Free Will merge together in the Unity of the Heart. Look for common ground within all people. See the core of Light within the Hearts of all people, no matter who they are.

If they are negative then they are ignorant, they are like lost children, lacking

inner awareness of their actions or blocking their conscience because they have not opened their hearts. If they are kind, then have gratitude for they have opened their hearts.

When we are born into this world, things are often jumbled, especially as we go through adolescence and become adults. The core of the emotional body is formed during the years of 7 through 14 years of age. The core of the mental body is formed during the years of 14 through 21 years of age. Our minds lead our hearts at first.

But as we begin to awaken, we learn to let the Heart lead the mind. This is the Path to Freedom. Freedom from all judgments and belief systems. Freedom from all fears. Replace judgment with discernment by filtering all experiences through the heart. Does it feel like Love, or does it feel like fear? You heart knows the truth. Every other way of perceiving through the mind will simply drop, when the Heart guides you.

In conclusion, be the embodiment of Love and Unity, by processing all experiences through your Heart. Let the Heart guide you first in processing experiences, and then the five physical senses come after.

64. Love in alignment with Free Will

August 19, 2024

Taught someone why people are how they are, the answer is Free Will. Free Will differentiates (makes us unique), and also can divide through limited perspectives. Love unifies and finds common ground within all people. Free Will directs each mind, and then each mind (though beliefs) directs actions. Think of a pizza. There are 12 slices. Each slice is a Free Will. There are 12 unique perspectives in this case. So people aren't logical, because Free Will isn't logical, and one person's Free Will directed mind will interpret situations differently than another's, because Free Will is inherently different. So Free Will does not always align.

But, you can add loving kindness in situations, to add Love which unifies. Empathy (to put yourself in another's shoes), and compassion, are the results of adding loving kindness. Humility is also the result, to listen to others and respond with Love. Free Will without Love exists due to ignorance, which people are born into as humans. But once awakened, the heart opens, and Love pours out, into actions of loving kindness toward all people. The key is to unite Love and Free Will, which then becomes Divine Will, where you become an instrument of God's Will. Love with Free Will still means to keep healthy boundaries (so don't be a doormat), but do your best in each situation to be loving. To love your neighbor as yourself, which is Love in alignment with Free Will, which is creating Heaven on Earth.

65. Do you have trouble accepting love?

August 6, 2024

If you have trouble accepting Love, it may have links to worthiness. You don't need to use the mind to justify accepting Love. You are worthy of Love and accepted with open arms. Remember the mind is a tool for a specific purpose. It cannot be applied to Love. Love is the domain of the heart. Life is. Love is. Free Will is.

Free Will cannot be justified by the mind, because it is Free Will that directs the mind! When Free Will moves another to be themselves and express themselves how they want to express, let them be. All pieces of the puzzle of life are needed for rich flavor and diversity. The reason for Free Will is to expand the universe, to change the universe. There is a purpose, and that is for each to choose their path and be themselves.

Free Will awareness directs the use of the mind, or the heart. You have the power to choose. So when someone is giving you kind compliments or gifts of Love, you don't need to justify them, based upon past experiences or using mind logic. Just be. Just be present. Stay in the present moment only. Accept Love with gratitude from others, without any justifications or expectations. Direct your Free Will through your heart, and Love will continue to multiply in your life.

66. Project Consciousness

July 31, 2024

I always wondered how Spirit sources could say time is an illusion. The Jeshua Channelings book helped explain it to me. Time passes from experiences not a clock. The purpose of life is to experience, and choose polarity in experiences, to connect with Home, and bring Home to Earth. The past and future are illusion because they are not fixed.

You can project your consciousness from the now present moment, and heal experiences through forgiveness (past), or faith (future). You can also enter from the present moment, into multiple timelines, from previous experiences, or into future experiences. Like when we dream, we project consciousness. Or recall a memory, we also project consciousness. Or we visualize the future, we also project consciousness.

Recommended Reading:

The Jeshua Channelings by Pamela Kribbe (See Bibliography)
The Power of Now by Eckart Tolle (See Bibliography)

67. Ten stages of the Bodhisattva

July 11, 2024

Great Joy: It is said that being close to enlightenment and seeing the benefit for all sentient beings, one achieves great joy, hence the name. In this bhūmi the bodhisattvas practice all perfections (pāramitās), but especially emphasizing generosity (dāna).

Stainless: In accomplishing the second bhūmi, the bodhisattva is free from the stains of immorality, therefore, this bhūmi is named "stainless". The emphasized perfection is moral discipline (śīla).

Luminous: The light of Dharma is said to radiate for others from the bodhisattva who accomplishes the third bhūmi. The emphasized perfection is patience (ksanti).

Radiant: This bhūmi it is said to be like a radiating light that fully burns that which opposes enlightenment. The emphasized perfection is vigor (vīrya).

Hard to conquer: Bodhisattvas who attain this ground strive to help sentient beings attain maturity, and do not become emotionally involved when such beings respond negatively, both of which are difficult to do. The emphasized perfection is meditative concentration (dhyāna).

Obviously transcendent: By depending on the perfection of wisdom, [the bodhisattva] does not abide in either samsara or nirvana, so this state is "obviously transcendent". The emphasized perfection is wisdom (prajñā).

Far-reaching: Particular emphasis is on the perfection of skillful means (upāya), to help others.

Immovable: The emphasized virtue is aspiration. This "immovable" bhūmi is where one becomes able to choose his or her place of rebirth.

Good Discriminating Wisdom: The emphasized virtue is the understanding of self and non-self.

Cloud of Dharma: The emphasized virtue is the practice of primordial wisdom. After this bhūmi, one attains full Buddhahood.

68. Light

July 5, 2024

I AM- We ARE- that Light. I AM tuning into that Light now, feeling it around me, through me, in every cell of my body. Shadows have no place to hide in all this LIGHT.

69. Divine Love

July 4, 2024

Accept God's Love unconditionally and share God's Love unconditionally with others. Then you are a pure reflection of God and being a Divine Co-Creator.

70. Intention

June 25, 2024

"I've set the intention that all who ask to receive attunements from me receive them perfectly and instantly the moment they call them in regardless if the attunement is prepared in the past, present or future and regardless of who the recipient is."".....Yes, you can do this too....Believe and so it is!

This next quote will be in my new healing book (Book of Healing), once I finish it. I just added it. "I've set the intention that all who ask to receive healing from me receive healing perfectly and instantly the moment they call the healing session in, regardless if the healing session is prepared in the past, present or future and regardless of who the recipient is." ~ Chris Comish.....Same guidance as above applies.....Yes, you can do this too.....Believe and so it is!

71. Be Love

June 25, 2024

"Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our Soul when we look the other way."

~ Martin Luther King Jr.

72. Heal from the Astral Plane

June 25, 2024

So one thing I do, is I review the news, and if someone dies in the news, I ask Archangel Michael cleanse them and escort them into the Light. I hear their voices say "Thanks," in their own personality voices. Wanted to share, in case anyone wanted to do the same. Also if there is negative news (which there is every day), I send love and compassion to the situations, protection from all harm, etc. Sharing, in case you want to do the same.

Step into your Divine Power. Yes, you can change the world simply through intention, and being the love that you are.

73. Healing all people on Earth

June 20, 2024

Sending healing to all people on Earth, received at the perfect time for the highest and greatest good of each, on a daily continuous basis in alignment with each Free Will. Christ is manifest now! Buddha is manifest now! Love and Light is manifest now!

I invoke the Holy Spirit to descend upon all of humanity at the perfect time for each, if in alignment with each Free Will for the highest and greatest good of each. May all beings be happy and be blessed.

74. Distant Healing

June 19, 2024

For anyone who wants to practice distant healing, I want to invite you to join the distant healing network. It is a network of volunteer healers that heal people who are sick, in hospice, etc. Join at https://the-dhn.org/

75. Balanced Chakras

June 19, 2024

According to a recent chakra reading all of my chakras are open.

This is how I keep them balanced. Sharing to help anyone that could use some ideas.

1. Root- Gardening, and Exercise.

2. Sacral- Listen to music, Let emotions flow through you, and Be creative.

3. Solar Plexus- Initiative, and Start projects.

4. Heart- Golden Rule actions, Empathy, and Kindness.

5. Throat- Express and communicate, and Daily Gratitude.

6. Third Eye- Meditate, and listen to intuition.

7. Crown- "I am a Spirit having a human experience," All is One, and One is All.

76. Wisdom from Bashar

June 19, 2024

I learned of this information from watching an interview of Darryl Anka on the Next Level Soul Podcast. Darryl Anka channels Bashar, who is a higher dimensional being. I took notes while Bashar was speaking during the interview. May this information resonate with you.

5 Divine Laws

1. You exist.

2. Everything is here and now.

3. The One is the All and the All is the One.

4. What you put out is what you get back.

5. Everything changes except the first 4 laws.

Connect to your Higher Self

1. Forgive all who transgress you.

2. Forgive yourself of all transgressions against others.

3. Let go of negative past experiences.

4. Move forward as your Higher Self.

5. Follow your passion.

6. Inform yourself from your future self.

7. Allow yourself to be fully in the present moment.

8. Send unconditional love to all in darkness to awaken their inner light.

Connect with Bashar at https://bashar.org

Watch the Next Level Soul Podcast at https://www.youtube.com/@NextLevelSoul

77. Chakras and Frequencies

June 18, 2024

The following are descriptions of the chakras and their frequencies:

1. Root chakra. Affirmation "I AM." Energy, Stability, Comfort, Safety. 396 hz solfeggio frequency. Survival. Also the Kundalini energy is stored here. Associated With: Earth Connection, Physical Health, Safety and Security, Groundedness, The Body, Longevity, Kundalini, and Healing.

2. Sacral chakra. Affirmation "I FEEL." Sensuality, Sexuality, Pleasure, Sociability, Creativity. 417 hz solfeggio frequency. Personal identity. Kundalini rising begins in the Hara/Belly button chakra. Associated With: Relationships, Life Force, Emotions, Intimacy, Vitality, Skin, Impulse,

Desire, Motivation, and Letting Go.

3. Solar Plexus chakra. Affirmation "I DO." Strength, Personality, Power, Determination. 528 hz solfeggio frequency. Ego resides here. Social relations. Associated With: Self-Esteem, Ego, Confidence, Manifesting, Willpower, Self-Belief, Grit, Success, Conscious Mind, and Adaptability.

4. Heart chakra. Affirmation "I LOVE." Acceptance, Love, Compassion, Sincerity. 639 hz solfeggio frequency. Opening of Ascension path. Higher Self manifestation begins. Love/Compassion of Higher Self. Universal Love. Associated With: Compassion, Faith and Hope, Forgiveness, Joy, Surrender, Humility, Empathy, Unconditional Love, and Balance.

5. Throat chakra. Affirmation "I TALK." Communication, Expression, Creative Expression, Inspiration. 741 hz solfeggio frequency. Expression of Higher Self. Free communication. Associated With: Communication, Expression, Honesty, Worthiness, Gratitude, Creativity, and Channeling Energy.

6. Third eye chakra. "I SEE." Intuition, Lucidity, Meditation, Trust. 852 hz solfeggio frequency. Vision of Higher Self. Universal energies. Associated With: Subconscious Mind, Deep Thought, Imagination, Mind's Eye, Intuition, Clarity, Wisdom, and Vision.

7. Crown chakra. Affirmation "I UNDERSTAND." Knowledge (Truth), Consciousness, Fulfillment, Spirituality. 963 hz solfeggio frequency. Bridge of Light Unity Connection to Higher Self. Flow/Channeling state. Sacredness of each experience. Associated With: Transcendence, Spirituality, Higher Self, Ascension, Quantum Mind, Source, Oneness, Unity, Christ Consciousness, Inner Peace, Dreams, and Cosmic energies.

Great solfeggio frequency videos are found at https://www.youtube.com/@PowerThoughtsclub

78. Initiations and Ascension

June 12, 2024

First Initiation – The Birth of the Love within the Heart - Birth to Spiritual Life (Junior Disciple).

Required for passing this initiation: Self-control (mastery of physical body).

Second Initiation – Mastery of Emotional Body - The Baptism (Senior Disciple).

Required for passing this initiation: Self-control (mastery of emotional body).

Willing and taking action to get rid of negativity.

Willing and taking action to get rid of negative desire.

Third Initiation – The Transfiguration (Initiate) - Teacher.

Required for passing this initiation: Self-control (mastery of mental body).

No judging anyone.

Accepting all beings.

Fourth Initiation – The Crucifixion or Renunciation (of lower self for Higher Self) (Arhat) - Teacher.

Required for passing this initiation: Free from all hate.

No thinking in the negative at all ever.

Love, "I am Love."

Receiving Eternal Life.

Surrender to God's and Monad's will.

Fifth Initiation (The Resurrection) – The Adept or The Holy Master - Teacher.

Required to pass the 5th initiation: Total surrender to God and to your Monad.

Agreement that "Yes I will do what my Monad intends."

Willingness to serve good of wholeness and the highest purpose.

Sixth Initiation – The Ascension or Masterhood (Chohan) - Teacher.

Required to pass the 6th initiation: No imperfect thoughts.

Seventh Initiation – The Bodhisattva, Avatar or Christhood - Teacher.

Initiations 8+ manifest on the Buddhic plane, and in higher dimensions than the physical - Ascended Master, Spirit Guide, etc.

In my experience, the third and fourth initiations were the hardest, because they required a complete release of the mind, and entering into surrender to the Divine. Being a Gemini, and very mind-based, this was hard for me.

Initiations 1 and 2 are seeking, Initiations 3 and higher are being.

79. Path to Enlightenment

May 28, 2024

Good article about the Path to Enlightenment

https://www.bodyandsoulascension.com/post/what-does-enlightenment-really-mean-for-a-soul

It's all really a balance of service (outer) and detachment (inner).

80. Attunements and Healing Sessions

May 24, 2024

My original (and still ongoing) Dharma project was attunements to empower others as healers- train the trainer so to speak, which massively accelerates Planetary Ascension. My current Dharma project is multiple healing session videos. I am planning approximately 80 more healing videos, followed by a book that compiles them (Book of Healing), hence the words to receive in the videos too. Healing sessions are helpful for anyone and continues Planetary Ascension acceleration. Everything is timeless, can be received 1000 years from now as an example, and I am in awe of the Power and Grace of Source to be on this path to lift up the world. It is an honor to serve you all.

81. Ascension Quantum Mechanics

May 18, 2024

For anyone wanting to learn the quantum mechanics of Ascension, read this text from Ra. It discusses Divine Feminine and Divine Masculine Balance as the key to Ascension. To expand upon what Ra says about left (Yin) and right (Yang) balance, this includes the left side Ida and right side Pingala kundalini channels too.

Reference:

https://www.lawofone.info/s/49

82. Belief

May 18, 2024

Belief is an important part of healing.

A fundamental spiritual tenet is that our beliefs create our reality.

To choose to believe that healing is impossible, is to seal one's consciousness in an energetic darkness, that prevents healing light from entering.

My advice is to believe in the healing energy, believe the person is being healed and getting healed, and accept that healing energy is healing him/her.

Trust in the healing power that exists beyond our five senses.

Belief and acceptance of healing are large parts of healing.

When I was receiving my first healing session back in 2006, I did not believe either.

But once I believed in the energies being received, and accepted the energies were for my highest good, I began to heal.

83. Enlightenment

April 22, 2024

Example of Kundalini and Enlightenment experience- You don't get her to rise, you let her rise, by allowing her to express her divine Love in you. You must be worthy first of all and she will test you. If you are what she's looking for, she will activate in you. You will first feel pressure and heat at the base of your spine. This sensation will then slowly wriggle itself upwards along the spine, like a living serpent made of liquid, fiery energy. As it goes up, it burns the fruits of Karma and past attachment. You will re-live your mistakes as it moves up from chakra, to chakra, forcing you to deal with repressed memories and guilt. As it clears up Karma in each chakra it moves on to the next one. This can take years.

When it finally reaches the top of your head, you will hear a tearing sound, as if something is breaking. It will then create a vortex of sorts, almost like a funnel, which allows liquid light (for me it was an incredibly bright white light bathing my body from above my crown chakra), a form of matter-energy indigenous to a higher level of reality, to pour into your brain, giving you what is known as enlightenment. This instantly silences ping-pong thoughts, and thoughts begin to move in a one-pointed direction, when they are thought. The stillness of mind leads to inner peace. The outer drama of Earth life revolves around your inner peace but you are the observer, not actually affected by any of it. You feel ongoing bliss of nirvana. Unconditional Love for all of life. Judgments and fears fade away.

84. Fulfillment

April 21, 2024

Source/God/All That Is, I dedicate my life to service. I am here to fulfill my purpose. I accept with deepest gratitude all opportunities to serve and uplift humanity. I trust in you. I am fulfilled. I fulfill my purpose now.

85. Key to Heaven

April 19, 2024

In case anyone was wondering, the only requirement to get into heaven is to bring someone else with you... 51% or Greater Service to Others...even if you don't think you are making an impact, you are. Just be you.

86. Gratitude for Lessons

April 18, 2024

I'm grateful for the lessons on Earth. Many of my lessons in life were valuable because they opened me to other perspectives. In 2009, I learned the lesson of self-forgiveness, and forgiveness of others, as my first girlfriend who cheated on me, died in a horrible car accident, leaving her only son. It also taught me to pray for the betterment of others on the other side. Also going through a divorce in 2014 from my first wife, taught me the lesson of self-compassion, and self-empathy, as well as humility...as the result of going through a 10 years long abusive marriage. In 2021, due to a business dispute, I learned the lesson of Free Will and empathy toward others, as well as self-forgiveness and forgiveness of others.

I am starting to see life on Earth as sacred, because there is gratitude for all of the growth as a result of lessons. Recently, I found a subconscious fear within me, preventing deep empathy and compassion, as I retreated into the mind for safety trying to find logic, when emotions were to be applied (empathy and compassion). I am hoping to resolve the catalyst of the lesson, by apologizing to another for miscommunication, and lack of understanding/empathy. I am still learning, but my hope in writing this (and sharing everything here), is to pass the torch to inspire others to light up themselves, light up others, light up communities, and therefore light up the world.

87. Outer reflects Inner

April 12, 2024

Outer reflects inner, also known in Hermeticsm as “As within, so without.” “As within, so without” suggests that our external reality is a reflection of our internal reality. What we think and feel inside of ourselves, is manifested in our external circumstances and experiences. How has this manifested in your life?

88. Ascension Lucid Dream

March 31, 2024

Had an amazing lucid dream. Wrote it down. It was a serious Planetary Ascension sign to me. I was in an Airport. I was in the Air Force. I was in an Air Force lounge in the Airport. At first, in the lounge, I was helping the Air Force plan the load of the airplane, and who went on the plane (something I used to do in my military service until 2006).

Others were in the Air Force with me. I think the Air Force people were lightworkers/wanderers/starseeds in this case. Basically shepherds as Jesus says. In the Airport, were giant C17 airplanes that hold 134 passengers (note this is fairly close to the Oversoul being 144 people). Also a C17 is painted blue, which represents the throat chakra (the first chakra of authenticity radiation according to Ra). I was helping the passengers (entire families-adults and children) get on one of the C17 Airplanes.

The Plane to me represents movement to Heaven/4th Density/5th Dimension...basically graduating from Earth life by flying away. The people were moving on escalators, up a hill (rising in vibration). One person fell out of the moving line of people, they were overweight (heavy vibration), and the paramedics were there attending to them (I'm thinking one person had to do more shadow work, to be healed enough to rise in vibration toward Heaven, etc.). The people all were eating on their way (this represented eating of the tree of life to me). I made sure they got on the plane. For some reason, I tried to get back in the Air Force lounge. I forgot the pass-code to the lounge, and couldn't get back in, to do more work. To me, this is a sign that my work on Earth helping people ascend, is drawing to a close.

89. Archangel Michael Protection Prayer

February 22, 2024

Lord Michael before!

Lord Michael behind!

Lord Michael to the right!

Lord Michael to the left!

Lord Michael above!

Lord Michael below!

Lord Michael Lord Michael wherever I go!

I AM his love protecting here!

I AM his love protecting here!

I AM his love protecting here!

90. Meditation and Enlightenment

February 1, 2024

Is meditation necessary for enlightenment? ~ From a posting on Quora.com. Enlightenment comes from Divine Grace, which is attracted to Love and the human seeking Spirit.

“A day will come when you will laugh at your previous efforts. What you realize on the day you laugh is also available now.” - Sri Ramana Maharshi

Many enlightened people spent years doing spiritual practices prior to attaining Self-Realization. Almost to a person, they claim their spiritual practices had nothing to do with it. Sudden, total enlightenment regularly strikes people who have no interest in spirituality, like alien abductions of the heart.

What are we to make of this? I think it’s like falling in love.

Someone strikes your fancy and you want to get to know them. Your heart is in your throat when you send that first, unnerving text.

There are mishaps and misadventures, as in any good love story.

At the same time, you get the strangest feeling that your love is in the stars. You tell your friends your partner is your soulmate and your destiny.

This isn’t like you. You’re a hard-nosed, “show me” realist, and now you’re going around like a half-cracked mystic.

But you’re right. You’re not pursuing a relationship - the eternal Relationship is pursuing you on the apparent, temporal plane.

It’s the same with meditation.

You think you’re meditating to attain enlightenment, but you’re meditating because enlightenment has already claimed you.

You think you’re setting out at dawn to find your quarry, but the “hound of heaven” has pursued you this whole time.

There are no “selves” trying to reach enlightenment or God-Consciousness -

there is only God playing the eternal game of hide-and-seek.

91. Harness your Personality

January 22, 2024

Harness your Personality to align with your Life's Purpose.

I am INFP-A (Intuitive Feeling Personality- Assertive - also known as Mediator). This comes from my Sun in the 12th house (inward direction) and Pisces moon (empathy and intuition).

Chris

Zodiac : Tropical				Placidus Orb : 0		
Sun	Gemini	7°56'		I ASC	Cancer	27°25'
Moon	Pisces	14°38'		II	Leo	16°09'
Mercury	Taurus	20°36'		III	Virgo	8°49'
Venus	Cancer	9°07'		IV	Libra	8°22'
Mars	Leo	21°46'		V	Scorpio	15°50'
Jupiter	Cancer	8°38'		VI	Sagittarius	24°53'
Saturn	Leo	24°40'		VII	Capricorn	27°25'
Uranus	Scorpio	13°23'	R	VIII	Aquarius	16°09'
Neptune	Sagittarius	17°12'	R	IX	Pisces	8°49'
Pluto	Libra	14°06'	R	X MC	Aries	8°22'
Lilith	Cancer	14°44'		XI	Taurus	15°50'
N Node	Libra	3°52'		XII	Gemini	24°53'

Want to know yourself deeper? Want to find out your personality type? There are 16 types.

Here is the link to the test https://www.16personalities.com/free-personality-test

Get your natal chart at https://astro.cafeastrology.com/natal.php

92. The Avatar of Synthesis

January 22, 2024

About the Avatar of Synthesis- an Avatar Unity Field (A Social Memory Complex) https://www.thepranichealers.com/avatar-of-synthesis

Call forth the Avatar of Synthesis to over-light the Earth and cleanse the entire planet of all evil, and all that is not for the highest and greatest good of all beings. You can also invoke the Violet Flame and bathe the Earth with Violet Flame.

Here is an example of a prayer:

"Avatar of Synthesis, Avatar of Synthesis, Avatar of Synthesis. Come great Avatar of Synthesis in alignment with God's Holy Will. Come over-light the Earth with your presence, and destroy all that is not for the highest and greatest good of all beings. Violet Flame and All Holders of the Violet Flame, bathe the Earth with Great Divine energies of Violet Flame, cleansing all that is not for the highest and greatest good. And So it is. So be it."

Take a few moments to visualize the Earth inside of the Avatar of Synthesis' great field of Unity. Visualize the Earth within a giant Violet Flame of purification.

93. How do we speed up our Ascension?

January 22, 2024

How do we speed up our Ascension? Dedication to Love and Service to Others brings Love and Light closer to you in your life.

I highly recommend asking your Higher Self for help fast tracking your progress, also God. They have infinite power to help you.

Here is an example of a prayer- "My Higher Self and God, Father, of the highest Love and Light, I intend to be of service to others. I have made the choice, and dedicate my life to Love and Service to Others. I dedicate my life to releasing the suffering of all life on Earth. Please support me in all areas of this request and provide your guidance and resources to make it so. God's Holy Will be done! And so it is!"

94. What is the Akasha or Ether?

January 11, 2024

Did you know? Thoughts and emotions can move through Akasha or the ether. The void is part of the Akasha or ether. Also, prana moves through the Akasha, or the ether, to our bodies. The Akasha (astral light) records and uploads to the Akashic records. The Source beyond the Akasha is Spirit, THE I AM THAT I AM, and in Unity called God, ALL THAT IS.

The subconscious mind exists in the ether or Akasha. Karma flows through it. Dharma flows through it. Reiki flows through it. Intuition and messages flow through it. Gratitude flows through the ether. We are mirrors of each other because of the ether. It is an active invisible ocean of light that permeates everything. You can connect to the Akasha in meditation.

The Akasha or ether has also both absorption (sponge and archiving) qualities for upload to Spirit, and reflective qualities to return actions (instant karma or Dharma and manifestations i.e. law of attraction) to the person.

Oneness becomes a reality, when you can sense the Akasha or ether that connects everything.

The heart and the third eye can perceive it, the mind cannot perceive it.

The etheric body is formed of the ether, it is a densified ether so that it forms a body. Within the etheric body there are nadis, meridians, axiatonal lines, chakras, and kundalini that are formed of prana that flow through the etheric body. The etheric body is used in astral projection in the real time world. Our physical body with its nervous system is a densified replica of the etheric body. Ether and prana respond well to sound and light, which is why Solfeggio frequencies work well for your chakras, and why Reiki can open your third eye.

Within the Akasha/ether contains all potentialities and manifestations, the ether holds the records of timelines from simultaneous lives (present, past and future lives in linear thinking), which is why it is linked to the Akashic records. This is why Kryon mentions looking at/manifesting your Akash in his channelings. The Akasha/ether is connected to the Void (center of creation) and also Nirvana. Our Soul/Higher Self exists very close to the ether, and then beyond the Soul/Higher Self, is our Group Spirit (Oversoul), then the Avatar field, then God, Source, All That Is.

95. The Law of One

January 3, 2024

Read about the Law of One here

https://ascensionglossary.com/index.php/Law_of_One

Law of One Practices:

1. Unity Consciousness

2. Love Yourself

3. Love Others

4. Love Earth & Nature

5. Service to Others

6. Consciousness Expansion

7. Responsible Co-Creation

96. Merry Christmas and Happy New Year

December 22, 2023

Merry Christ-mas and have a Happy New Year.

Happy Holidays to all.

This year I am grateful for all of you. You continue to uplift and inspire me.

The journey of a thousand miles begins in a single step.

You are taking that step.

Words cannot express the love that I have for all of you.

I believe in all of you.

Thank you for all that you do, each and every day, to make the world a better place.

Thank you for being Christ on Earth.

I appreciate all of you.

97. Free Will and Love

December 21, 2023

There are two forces in the universe.

The first is Free Will which is electric and completely unpredictable. It jumps from point to point in a random zig-zag. If you want to observe electric behavior in nature, just watch how insects or lightning move from point to point. Let's call it the wind that changes directions all the time. This explains people how they can run the spectrum from being evil to being good. It explains that you cannot predict anyone. How some people are great and other people are jerks. Most of Humanity is centered in the tunnel vision of Free Will. Free Will is how humans evolved from the instinct of the animals- it is self-awareness.

And then there is Love, which is stable and unifying. Love is magnetic. Love is evolution from the Human Kingdom into the Spiritual Kingdom. Love is group and others awareness. The Love force is used by people on the positive path. Free Will (of self and others) and Love get balanced on the positive path- it is called the Will to do Good. You respect Free Will and follow the

Golden Rule. It is called the Path of Service to Others. Love your neighbor as yourself. Evil people only respect their own Free Will and have no Love. Evil is the Path of Service to Self, which is a dead-end path. That is the difference, Love or the absence of Love.

It explains some of how the simulation we live in works. The simulation we live in is a paradox (everything is purposely designed for choice (positive or negative polarity)). Everything is opposites on purpose as part of the confusion. Day and Night. Sun and Moon. Male and Female. Love and Fear. The positive path finds the narrow way Jesus Christ said, middle way Buddha said, through the illusion. The Paradox called duality (opposites) is the illusion. Genesis, the band, was right, this is the Land of Confusion. If you can release the mind, which is designed to lock you into opposites with its beliefs and judgments, and enter the heart, you will become free.

98. Kundalini and Enlightenment

December 17, 2023

Kundalini awakening is the liberation of one's life-energy from the narrow confines imposed by human fear and conditioning. It heals and enlivens the whole body with glowing vitality. It elevates one to a higher level of functioning and flow, in harmony with the universe.

Enlightenment is the liberation of one's consciousness from the narrow confines of the human mind and ego. It replaces mundane misunderstandings and false beliefs with pure awareness and true insight. It awakens one to the knowing of absolute truth, understanding the essence of all being.

They are not exactly the same, but more like the yin and yang aspects of awakening: the explosive creative power of kundalini and the silent inner knowing of enlightenment.

The awakening of one definitely increases the possibility and probability of awakening the other.

Source: https://qr.ae/pKiXBh

99. How does Kundalini work?

October 17, 2023

The Shiva centers of the heart, throat, third eye, and crown are positively charged. Then, this attracts the negatively charged (meaning grounded in this case) Shakti kundalini to move upward, chakra by chakra, to the highest chakra it was attracted to. Once the Shiva Crown center is positively charged and balanced, then kundalini cleanses all chakras to form the Unified Chakra

Column of Rainbow Light, which leads to the attraction of the Oversoul/ Monad, which leads to an enlightened state. The key is to positively charge, and balance, each of the 7 chakras in the human etheric body, to draw the kundalini upwards.

100. How are Chris Comish's attunements or healing sessions created?

September 11, 2023

This question was asked at https://www.etsy.com/shop/DivineBooksByChris

The purpose of this writing is to empower others who wish to create attunements or healing sessions or to help recipients understand.

Question:

So how does this stuff work? You read the book (or read the words) and it activates?

Answer:

Thanks for your question. When you read the words to receive, the energy downloads to you from your Higher Self. It is all intention. When you intend to receive the attunement or healing session, you read or say the words to receive in the book, and receive the attunement or healing session.

In 2009, I created most of the attunements and healing sessions. Some other ones like Distant Healing Session and Purification Healing Session were created more recently. All attunements, empowerments, and healing sessions were created, and then sent to each recipient's Higher Self for custody, until the recipient is ready to receive. My attunements, empowerments, and healing sessions, can be received 100 years from now, a 1000 years from now, it doesn't matter, since they are held by the Higher Self, which is Spirit, which is Eternal. The key ingredient is intent to receive. Each recipient needs to intend to receive, by thinking or saying the words to receive. This obeys a law called the Law of Free Will.

So basically I upload the attunement or healing, etc. to the Higher Self (a multi-dimensional level to avoid Free Will interference), using a chi ball (basically an etheric zip file), and then when the recipient intends to receive, by thinking or saying the words to receive (aligning personal will to Divine Will), the attunement or healing session is unzipped from the chi ball, and downloaded. The chi ball can transfer from multi-dimensional dimensions to the etheric dimension, and is basically a similar substance to our chakra system, which exists in the etheric dimension, and connects to the physical via the nervous system.

101. Ascended Masters

August 24, 2023

People ask me, is the Earth ascending? I say yes. To show this, I made a webpage that gathers many YouTube channels of high frequency. It is not all inclusive but I wanted to show how much Love and Light is on Earth today.

Did you know? There are two types of Ascended Masters. There are both Ascended Masters in light bodies (examples Master St. Germain, Master El Morya, Master Kuthumi, Master Djwhal Khul, and Goddess Quan Yin, also those who have passed on from Earth like Dr. Joshua David Stone, Ramana Maharshi, etc.) (time-space), and Incarnated Ascended Masters (space-time).

Time-space Ascended Masters

Time-space is dimensions that exist beyond the Physical world. We go to time-space when we dream for example. Time-space is where Gods and Goddesses live (different faces of the One Infinite Creator), and those beings that are light bodies from an Earth perspective.

There are plenty of Ascended Masters teachings you can find online (channelings, books, etc.), with messages from the Ascended Masters in time-space.

Also you can contact the Time-space Ascended Masters in meditation. With all sources ask if they come in God's Love. Discern always through the heart/ love. If the contact resonates with Unconditional Love, then great, if not then let it fall away.

Space-time Ascended Masters

Incarnated Ascended Masters are Awakened Ones on Earth, those who have merged with their Soul, or Higher Self, or I AM Presence. It is important to note that Ascended Master does not mean better. That is the ego. Ascended Masters have transcended the ego. An Awakened One has found wholeness in their Spirit, and turns back to help others to lift them up, and empower others to find their Spirits. There is no separation among Ascended Masters, there is only Love and Unity. Ascended Masters have a group consciousness, and have moved into selfless service, to help others ascend.

Incarnated Ascended Masters have the purpose to embody Love and Light, and radiate it to others. It is important to realize that all humans are Divine (and equal faces of the One Infinite Creator- different expressions/ perspectives of Divine Will through human Free Will), and Ascended Masters are here to help humanity find its own Divinity within. Divinity within is the immanent part of the One Infinite Creator/Source. The One Infinite Creator/ Source is both immanent (within Creation- often found in Buddhism and

Hinduism as examples), and transcendent (beyond Creation- often found in Christianity, Judaism, and Islam as examples).

The below YouTube channels of Incarnated Ascended Masters are listed for those seeking to ascend, to learn more, or to resonate more with Source frequency, to embody Love and Light to assist with the Ascension of the Earth. This list continues to expand, and shows how much the Love and Light is growing on Earth. The channels are Divine Sparks of Love and Light that radiate to lift up humanity.

It is important to note this is not an all-inclusive list. There are Incarnated Ascended Masters not found on YouTube, and new people ascend everyday so this list is not fixed. It grows on a daily basis. What is important to the viewer of the videos, is that the viewer watches what resonates with the viewer. Use discernment always, let the heart/love guide the viewer. Also the viewer's Higher Self guides the viewer to videos to watch, so let the viewer, and the viewer's Higher Self, decide what resonates with the viewer.

Full list at https://ccomish.blogspot.com/2023/08/ascended-masters.html

102. Self-Realization

August 16, 2023

The death of self-desire leads to self-love (acceptance), which leads to love for others (compassionate service- the Way of Love), this purifies the emotions, which leads to self-light (understanding), this purifies the mind, which leads to light for others (the Way of Illumination), which leads to the Soul, which is Love and Understanding. Love and Light are the magnetic and electric aspects of Source, that bring humanity home to Source.

103. Bible Quotes about Reiki and Oneness

June 12, 2023

Blessings to all of you in the name of the One Infinite Creator.

Here are some quotes I found in the Bible that support Reiki and Oneness.

These are my interpretations. May they resonate with you.

Resonate (verb): to relate harmoniously: strike a chord. Be in tune with.

Reiki in the Bible (my perspective- I believe Reiki is part of the Holy Spirit): "When the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to Samaria. When they arrived, they prayed for the new believers there that they might receive the Holy Spirit, because the Holy Spirit had not yet come on any of them; they had simply been baptized

in the name of the Lord Jesus. Then Peter and John placed their hands on them, and they received the Holy Spirit." Acts 8: 14-17

Oneness in the Bible (my perspective): "For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully." Romans 12: 3-8

104. Ascension Process

May 24, 2023

Step 1. Realize you are not the body, or the mind. You are a spiritual being having a human experience. At this stage the heart begins to open. Kundalini rises to heart. Causal body experience.

Step 2. Connect with your Higher Self/Spirit in meditation. Perform Service to Others. Heart continues to open. Throat chakra opening. Third eye opens. Kundalini rises to higher heart/thymus and Throat. Buddhic experience.

Step 3. Manifest your Higher Self/Spirit. Perform Service to Others. Heart blossoms. Throat chakra blossoms. Love and Compassion on Earth. Divine guidance and intuition. Kundalini rises to Third Eye. Atmic experience.

Step 4. Surrender. God Realization. Enlightenment. Kundalini rises to Crown. Third eye and Crown blossom. Monadic experience.

105. Love One Another

May 17, 2023

We are all connected and all One. We are the many and the One. What does this mean? We are all the many faces of the One Infinite Creator. Each individual Free Will is a portion of Divine Will. There is always something to learn from another. There is always a reason to love another. Love your neighbor as yourself, because they are you (a face of the same One Infinite Creator). We are all cells in the same body of the Creator. Respect each other, and the energy will return to you. Blessings.

106. Are you a Lightworker?

April 24, 2023

The characteristics of both a Lightworker and Starseed are mentioned at the link below. Check out the link for more information.

https://eocinstitute.org/meditation/nourishing-lightworker-consciousness/

107. Interview with Chris Comish

November 22, 2022

Tell us about yourself?

Reiki Master and Adept on the Spiritual Path of All That Is. Qan Melchizedek is my spiritual name. Qan comes from Qan Yin. Melchizedek comes from the Melchizedek order. I AM compassionate Love and Wisdom. I AM of the 2nd Monadic Ray of Love and Wisdom. Service work- Volunteer Healer at The Distant Healing Network. Founder of the City of Shamballa social network at http://www.cityofshamballa.net and my videos can be watched at my OnenessandLove YouTube channel. Gemini Sun. Pisces Moon. Cancer rising. I incarnated to overcome the mind of the Gemini and to enter the Heart, to

activate my subconscious Pisces moon sign empathy and compassion, and spiritual connections consciously, and to get out of my Cancer rising shell, and share with the world while involved in group work. I am endeavoring to be love in all thoughts, feelings, and actions. Gene Keys 4, 9, 12, 16, 22, 37, 40, 43, 52, and 62.

What brought you here?

Since my awakening in 2006, I wish to share with the world to help it awaken.

What can you contribute?

Attunements, Love and Wisdom. Also willing to heal people and situations that need my help. Author of The Path of Oneness, The Earth Gate, and multiple energy attunements books.

Who are your Teachers?

Lord Melchizedek, Cosmic Council of Twelve, Saint Germain. Archangel Metatron, Enoch, Sanat Kumara, Logos of Sirius, Logos of Arcturus, Jesus Christ, Mother Teresa, Saint Francis of Assisi and many many more.

What are your Favorite Books?

The Complete Ascension Manual by Dr. Joshua David Stone;

Beyond Ascension by Dr. Joshua David Stone;

The Law of One 101- The Choice by Carla Rueckert;

Book of Knowledge: Keys of Enoch by Dr. JJ Hurtak;

Bhagavad Gita;

Pistis Sophia translated by G.R.S. Mead;

The Goal of Life by Hiram Butler;

The Causal Body and the Ego by Arthur E. Powell;

Initiation, Human and Solar by Alice A. Bailey;

The Masters and the Path by C.W. Leadbeater;

108 Lectures of Wisdom at http://www.maharishiphotos.com/lecture1.html;

21 Essential Lessons (Vol. 1 and 2) by AMTF;

Gene Keys: Unlocking The Higher Purpose by Richard Rudd;

The Voice of the Silence by Helena Blavatsky;

The Corpus Christi - Science of the Rainbow Body by Richard Rudd

What are your Favorite Movies?

Mel Gibson's Passion of the Christ, Little Buddha, Ghost, The Sixth Sense,

Hereafter, The Lovely Bones, What Dreams May Come, Apocalypto, and Jacob's Ladder.

What Music do you like?

Enigma, Enya, Loreena McKennitt and much more. My music playlist bringing Love vibration into everyday life. https://music.youtube.com/playlist?list=PLqsCziap_vYXlJrJxqL4Vxzv1F5-NAWu1

What are your Goals?

Heal the world. Strengthen the channels to allow for more Love and Light. Lift others up. Provide compassion, empathy, and unselfishness to all. Stay balanced with the wise use of energy. The purpose of Life is to be Love and Light in Service to Others in Alignment with Free Will. "Who has ears to hear, let each hear."

How do you give back?

I believe in giving to charity and serving each other for the good of the whole. Currently I'm volunteering as a distant healer for the Distant Healing Network.

108. Universal Love

April 8, 2020

"Follow the middle way and there you will find enlightenment. Be universal love--radiating towards no one object or person in particular but, like the sun, shining on everything in its path."

- Buddha

Remember this quote as we help everyone get through the virus pandemic. Love to all beings. Namaste.

109. Faith

June 8, 2018

There are many of you who may be under stress from many sources: financial, job, relationship, health issues, and legal, etc. Know that you are not alone. Have faith in the Divine and all will be healed and you will be protected. The Divine is infinite, and the Divine Love for you is infinite. Have faith. The Divine will walk you out of the darkness, and into the Light. Love and Light to all of you. Namaste.

110. Life's Connections

April 2, 2018

Life is about connections with people and themes. You may ask yourself, why do people show up in the strangest of places and points in your life? It is because they are connected to you, and have a role to experience a theme with you, and you have a role to experience with them. It is Source learning from both, and thus itself.

111. Surviving Earth Changes

August 16, 2016

"Now the battle between Light and Darkness is taking place, Earth changes in the form of floods, earthquakes and land shifts have begun. The timetable for these changes has already been set, cosmically. What we do on Earth will not stop their march. Whoever survives the battle between Light and Darkness will face even greater challenges, for just as we breathe freely again from the grip of the Dark Forces, we will see massive natural disasters destroying most major cities and populated areas. Many light bearers may then give up, but those who choose to fight on will lead survivors to certain Spiritual Regions and begin their REAL mission: society's reconstruction on firmer foundations."

- The Amanuensis, November 2006

Check out Michael Mau's Book Sanctus Germanus Prophecies Volume 1 and 2 for more information.

112. The Astral World

December 27, 2012

This is my summary of the interesting book Witness from Beyond I recently read. The book is out of print and hard to find.

I will gather the themes of the book that caught my attention and then discuss them in my own words.

1. Higher planes of consciousness are not "higher up there", but rather "finer". They are vibrationally finer, quicker, smoother...they are not dense or slow.

2. The world of the other side is only a change of condition. As water exists as ice, liquid, gas, so do the other realms exist concurrently and overlap each other. The other side, afterlife is not visible to our physical eyes, because of the wavelength of the energies, but it is visible to our third eyes, and in meditation, and during the dream state. Just as radio waves are not seen, does not mean they do not exist.

3. Each overlapping realm exists together. There are "dead" people and living people able to exist in almost the same space....we just can't "see" or "talk" to each other, except when aligned in Free Will, and via telepathy/thoughts. Personality exists in both the physical and nonphysical realms. As does consciousness. Only the bodies are different. Each body is compatible to the plane it is designed to exist upon. We have a physical body, astral body, mental body and a spiritual body. We also have an individual body and a group body. Each level is a varying degree. We are connected to each other on all levels and yet, here in the physical, and also in the astral/mental, still retain our individual consciousness. Group existence (not as groups of individuals but as an individual group), is in the spiritual body as we get into Oversouls/ Monads.

4. The physical body has enhanced organs and background chakras. The astral body has enhanced chakras and background something else (let's call it A). The mental body has enhanced A, and background something else (let's call it B). And so on. All bodies are dependent, and yet independent at the same time. All coexist. Your Higher Self and your physical self are dependent and independent, you exist on different levels at once. Your current consciousness in the physical body has a different perspective, than your current consciousness in the Higher Self. But all are the same.

5. Sound is color and color is sound in higher realms. This is clearer from the astral body onward...although you do notice that mantras enhance your chakra colors here.

6. Sense of smell is also retained in the astral body....according to the book. This is something interesting and worth studying.....that is why incense/ essential oils use is powerful in spiritual practices....

7. The astral body, emotional body, is denser than the mental body, and emotions govern it....so if you feel great, it is working well....if not then you get an astral checkup from an astral doctor. The astral body can shape and reshape. You can dress yourself how you wish, using your astral body....remember it is also tied to your emotions, so smell the flowers, listen to the music, and stay in joy to keep going in the astral body.

8. Travel by thoughts is the mode of travel for the mental body...this is where teleportation happens...you think and you are there.

9. Astral libraries exist with replica Earth books in astral form. Mental plane users read from thoughts from the ethers, and do not need to hold any books, everything is read from Light.

10. The astral plane is like an airplane looking down on Earth, in regards to time. The astral plane sees all time both past, present and future as one.

11. Addicts exist in astral planes....cravings have an emotional effect, that craving is what is not resolved, after losing the body....be satisfied, don't

crave, and you have nothing to resolve.

12. When we set clear intentions, and ask for it from our Creator, and feel and know it is done...then walk away...those intentions manifest using astral substance, while we are busy here....that is why you get things you ask for, later in life.....the astral surprises the conscious mind, they operate on two levels, but yet also on the same.

13. When we ponder our lives every now and then, when we take the third person perspective, and step out of our bodies...it makes the pondering easier on the other side. Why? Because you already did it. Well that is number 13, which since it is soon 2013...sounds like a good place to end this post. Bless you all my brothers and sisters.

For more information, read the book Witness from Beyond by Ruth Mattson Taylor, found in the Bibliography section of this book.

113. The Time-Space Journey

December 3, 2012

As I am busy writing a resume for a job I am applying for, the technology curve has increasingly continued behind the scenes. Now my resume is uploaded into a computer system, scanned by a computer, ranked by a computer, and then somewhere in the process, my name comes out as "output," so someone can call me for an interview. As I am preparing for my US income taxes, and filing online again this year, I have already typed some numbers into a website in California, and then they will mail a 1099 to someone for me.

When I shop for food, I can self-checkout, and not even talk to a person. I created an item for distribution, and had its bar code instantly created for me somewhere in the US, and emailed to me as a pdf, to add to my products. We seem to be glued to our smartphones more and more, and often are with earphones in, while listening to mp3 music.

Our body senses seem to have been replaced. I honestly can say, we have already begun moving out of our bodies, for our new consciousness bodies, in order to sort through the increased quickness of the technology that has entered into everywhere in our lives. Yes they do have robo-vacuums, and you can talk to your house to turn the lights on/off, and yes your new cars can be configured to call others through your radio, or switch back to the GPS function...let us not mention Skyping to others on the ends of the Earth.....Anyway, the technology only increases, and the time only quickens (i.e. what is time? We have near mastery over it- at least on the consciousness level, but our bodies do still age). Everything speeds up more and more each year, which is in a big picture what the Earth is doing.

Increased rays from the galaxy, are shifting our solar system and thus Earth, into a speedy move into the future, where space and time no longer exist. Yes, one day space and time will no longer exist on our Earth. We will no longer require X time to move X distance, or be individualized in our own spaces. We will be part of a large collective that lives and breathes the same- aren't we already becoming that here on the City of Shamballa website? This is how it is in time-space. Time-space is rapidly entering the picture, where we have 100% mastery over time, and we are all things and they are us, and we don't exist in a space anymore. As the bits and bytes continue to accelerate, we shift more into light. We zip to and from, and everything rotates rapidly around us.

What does this mean from the time-space perspective? Those waiting for us on the other side of the portal....time-space folks like angels and spirit guides, and passed over loved ones, are getting closer. Eventually, we will be taking our consciousness into places, without even looking back....Who has time to review, when there is so much to do in the future? Anyway, just some thoughts, let me hear your perspectives.

114. The City of Shamballa in 2013

October 10, 2012

There has constantly been talk about December 21, 2012 being the end of the world. If you believe that, please excuse me if I offend you. It is my opinion that the world will not end. The world will embark upon a journey, which it has been on since at least the publishing of Dr. JJ Hurtak's book, The Keys of Enoch®, if not before, when Dr. Usui first received a Reiki attunement, on Mount Kurama. The opening of December 21, 2012 is the fully grounded opening of the next Golden Age, which will continue for many years to come. This marks the beginning of the official merge between space and time, and time and space.

What does this mean? Ascended Masters will be working closely with incarnated initiates. Polarized consciousness will go to the background, in favor of Universal Love. Right now, the battleground is for our minds. Constantly we are provided media stories, and advertising with subtle messages, to be judging and separative. These are the last throes, of the so called "Dark Forces." This is what the polarized mind sees. As we see from the bird's eye view, we see lots of Free Will trying to impress Free Will, and forgetting the Love. As we see through un-polarized eyes, the Dark Forces want our attention. From the standpoint of Love, Love is the parent, and Free Will is the child. Free Will is birthed from Love, but Love encompasses much more. Remember apply Love with Free Will, and you have a solution. Remember Love is the way, Love is the key to our universe. It is the glue to heal all wounds.

What is the City of Shamballa's future? Well, it will last as long as I live. The City of Shamballa is making efforts, to extend spiritual knowledge and initiations, to global audiences worldwide. The Earth Gate, a story of a human-turned master who comes back, to save Humanity from Dark Forces to allow Earth to ascend, is getting distributed. The Earth Gate is coming out as an Audiobook soon.

115. Free Will Spheres

September 13, 2012

I have been contemplating this recently, as several events have been happening to me this week. I had some wake up calls, which reminded me, that sometimes Spirit has to find the easiest way around the mind, and allow it to flow like water around the rocks.

We live on Earth, so do not be dismayed when others do not accept your views or ways.

Earth is a density that is further from Source, than other densities. It is denser because it is further away from Light. The Light, The Source, is an all-encompassing Love, and Enormous Oneness, and a "glue of the universe." This Light cannot be mistaken or "copied" by other shape-shifting false ones. The key element is all-encompassing Love. You know you belong, and you feel it, and you are drawn to the Light, propelled there. There is no mind involvement in the process, it is Spirit attracted to Spirit. It is. And you sense it.

Anyway, this all-encompassing Love and Light birthed our realm, and it densified as it grew further away from Source, as part of Source's quest for experience (veiled characters making veiled choices through space and time, as opposed to the expansive time/space/all knowing that the rest of Source's experience is).

Anyway, within this "choice" realm we are given physical bodies, and given Free Will. We have the choice to freely choose our path, and so do others have their choice. We build Free Will spheres which attract thoughts and feelings from the Earth sphere. These thoughts and feelings from the Free Will spheres block our connection to Spirit. This is our veil. Free Will is our veil, and it is enforced by the mind. The more we surrender to Divine Will, the more we expand. The Love is out there, between our Free Will spheres. It glues and connects our reality. Everything is connected, and the Love is there. While in our Free Will world, understand that you allow others to make their choices, and they allow you to make your choice. Remember everything is connected, and that a ripple effect exists.

Do not be dismayed, when others around you do not understand. It is their

Free Will to want to understand. If they have not answered their Spirit's call, or it is not their time, do not worry. They have been born into different experience.

Ok, you may ask yourself, Chris can you please translate this into something more concrete?

Yes, faith, love, forgiveness, generosity, compassion, humility, service, and peace are your keys to the all-encompassing Love and all-encompassing Light. Become those, and know you are supported in the heavenly realms by many.

Ok, how does this apply to the battered, rough realm of physical Earth?

Apply those here. If a war is happening, help the refugees. Provide food and shelter to those in need. Provide clothes, medical care, etc. Forgive those who harm others. Comfort the afflicted. Don't take sides, rather stand for Love. Stand for peace. If you are peace, then the ripple will support you in return.

While on Earth, the path is narrow. It is true, it is hard because we each have a mind. Just remember, that when faced with your choice: Apply faith, love, forgiveness, generosity, compassion, humility, service, and peace. The Universe will naturally support you, even if your mind does not believe it. These qualities are in your Spirit, and as you practice these on Earth, they are driven into your unconscious, so others will feel your Love. You become the Heaven on Earth you came here to be. That is why you are here. To bring your Spirit to Earth, and let Spirit flow through your experiences. At the end of the day, you did what you came here to be. To be all-encompassing Love and all-encompassing Light.

116. Some good news

July 27, 2012

The good news is finally all of the proofs of the Earth Gate paperbacks have been ordered (Hardcover, 6 x 9 paperback, A5 paperback, mass market paperback and pocket size paperback). Once I receive them, they will undergo intensive review, prior to going to retailers. Also The Earth Gate e-books are available online. Also there are 1,440 members of the City of Shamballa website. Also, I renewed some of the websites pointing to the City of Shamballa, and its Bookstore. I'm working on getting an Audiobook created for the Earth Gate book. Stay tuned.

117. After-Life Movies and the Realms they depict

January 17, 2012

Here are a handful of movies I've watched and the realms they depict:

Earth: Sixth Sense, What Dreams May Come, Hereafter, Jacob's Ladder, Lovely Bones, Ghost.

Earthbound: Sixth Sense, What Dreams May Come, Hereafter, Jacob's Ladder, Lovely Bones, Ghost.

Void: What Dreams May Come (His Wife's Suicide After-Life).

Lower Astral/Hell: What Dreams May Come, Jacob's Ladder, Ghost (dark things that cross over into the earthbound realm to take the 2 criminals to where they go next).

Astral: What Dreams May Come, Lovely Bones, Hereafter (on way to Light).

Heavenly Realms: What Dreams May Come, Lovely Bones (at end), Jacob's Ladder (at end), Ghost (at end).

Author's Note (2025): Also recently saw Nosso Lar (The Astral City) on YouTube movies. It is also a good depiction of lower astral hell realms, and upper astral (also similar to buddhic) heavenly realms.

118. Winter Solstice

December 23, 2011

The Winter Solstice brought a fresh wave of changes for me.

On December 21st, I received notice that my PayPal account was being limited, because I appeared to be operating as a non-profit organization, because I mentioned some of the funds from payments received were being donated by me, to charity. Well, I had to explain to PayPal that I was not sending all funds over to charity, that my business was an individual small business and not a non-profit organization. So I followed their instructions, and sent my appeal. I never heard back on December 21st.

Completely stressed out at the prospect of losing one of my only funding sources for my business, I decided to turn to what I liked to do: network. So by magic during the day I met the Iparte.com creators Ron & Julia. We established a connection, and ended up exchanging links on each other's social networks. It was really great to do that, uniting us as One more and more.

That evening, I received intense hara, heart, throat, mind's eye, crown, and hand chakra activations, followed by a closer connection to my Higher Self, along with an energy wave. It was all definitely divinely-guided.

My mom sent my family a Christmas package, on November 12th via priority mail. Typically, it arrives in one to two weeks. Well, I ended up getting it on December 22nd. I still did not have a response back from PayPal, and part of

my appeal included my administrator password, so they could see my entire website to make sure I was following the rules. I gave it to them cautiously. They had the power to delete my network, and remove my business' funding source. I hope I never have to do that again.

I prayed and prayed, asking for the limitations on my account to be removed. I prayed hard to Archangel Michael to protect me and restore my account, and the answer from him was "You are perfectly protected, have faith." It was just me and my faith in God, my whole world was torn away. Without my payment processor and my admin account, my business was just torn away from me. Then I waited, no response. I called them, and they said they were still reviewing. I was hoping they weren't changing anything, I was getting worried. While I waited, I called about a Christmas present of mine, which was a custom frame of my daughter's charcoal caricature drawing. Well, my frame still wasn't done for Christmas, when it was supposed to be done, I started getting emotional, and kept reminding myself that it was a test of faith and patience. Finally, I got a phone call, confirming PayPal completed my review, and my account was returned to good standing.

I expressed my gratitude immediately to Archangel Michael and the Ascended Masters. After that, I immediately changed my administrator password at the City of Shamballa. That night, feeling better, I helped a friend out, to purify Michael Sroke, from Pennsylvania, who recently passed away. He was apparently not in the Light, and haunting people on Earth. I invoked Medicine Buddha to purify him, and Archangel Michael to escort him into the Light. He was stubborn, he was clinging to Earth (earthbound), but through all the effort, he eventually decided for the Light. In the end, he was wearing a white robe, and said "Thank you," as he was entering the City of Shamballa finally free.

The next day on December 23rd, my daughter's framed picture was ready for pick up, just in time for Christmas.

Well, it has been quite a roller coaster ride, but thanks to God, all is well. I wish you and your family Happy Holidays, and a Prosperous New Year.

119. Happy Holidays

December 17, 2011

To all Members of the City of Shamballa:

Merry Christmas and Happy Holidays to all!

I wish to extend my warmest greetings to each one of you and your families. This season of celebrations is a time of eager anticipation, joyful get-togethers, and being with loved ones.

Please remember those who will not be with their loved ones during this holiday season. Consider participating in programs established to help them, giving to a local charity, or simply offering a prayer for them. Reach out to those who may be experiencing pain during the holidays. We, as a community, are so very thankful for, and inspired by the many community members working, to help make the City of Shamballa a better place. Thank you to everyone for your contributions to the community.

I wish you a safe, enjoyable holiday season, and a Prosperous New Year.

Very Humbly,

Chris Comish

http://www.cityofshamballa.net/

120. Faith and Manifestation

November 14, 2011

This post is about the catalysts I've encountered around 11:11 combinations. Catalysts are things that create change. Events and circumstances, that create the necessary learning along the path.

In the holiday season following the Christmas Solstice, I received some great energy downloads from Source around New Year's Eve. I meditated a bit, and then I encountered catalyst.

On January 2, 2011, I wrote a few of my friends, about some car difficulties I had, after 1/1/11.

Here is what I wrote:

Namaste all,

I encountered some significant challenges this week, and after, doing all that I could do in the Earth illusion (25% of the effort), and had to rely significantly on faith, the help of Green Tara, Archangel Michael, Reiki energy, and Love of The Creator (75% of the effort). While my car is still in the shop, due to the freezing temperatures throughout Europe, providing a challenging condition with engine failure, I am thankful for the abundance received, from the sources my mind cannot even understand. Spirit has a longer view than the unconscious mind, which has a longer view than the conscious mind. Many challenges are pre-planned by the Higher and Greater Self, to test your devotion to faith, and your ability to be responsible on Earth.

When you are weary, and have done all the effort you can on Earth, in service to all beings, then you rely on faith, and the Creator´s Love in the thick veiled illusion, then it shows your dedication even more to the Creator. This brings you face to face with the Creator, and merges you closer to fourth density as

the Law of One says. P.S. also saw 1111 and 1212 and Ra on license plates yesterday, as I was stripped of all control of the conscious mind, and had only faith left to rely on.

At this time, the head gasket in my car blew. My car was 45 minutes away from the dealer I bought it from. The warranty was only covered at the dealership. Through faith, prayer and action, miracles happened. It was towed for free to the dealer, through thick snow and ice, then the dealer repaired my car, paying 75% of the cost, and leaving me with only 25%. The story is much more involved than that, but the solution was perfect.

Flash forward to 11/11. On 11/10/11, I dropped my car off to get fixed. There was something wrong with the engine again, making a loud annoying rattling noise. I thought it was a timing belt failing. So I dropped it off for the timing belt. The dealer estimate was a 600 euro repair. The car will be done in 2 days. No, they didn't have loaner cars, but I was referred to the rental car place in the same building, and got the dealer discount. This was not what I had in mind! That night I prayed fervently that the bill would be as close to the estimate as possible, and invoked Archangel Michael's protection.

I had nothing left but prayer and some action. God said to me, "Don't worry everything will work out for you, my word is golden." I kept trying to believe, but I was so lost in the illusion. I still felt hopeless, I was waning in my faith. But I kept reminding my mind, you have prayed and God loves you. It will work out. So, on Thursday night, I took a chance, and transferred money used to a pay a bill on Tuesday, to my account, to pay my car bill, which I expected to pay on Saturday. Also, I transferred the last money I had on my account, saved for Ning.com's hosting fees, to my account, hoping that my book sales payment covers the fees next week.

On Thursday, I told my Mom about the repair. She offered to help. So she transferred a little money to me, but what happened was Friday was Veteran's Day, and the banks were closed. On Saturday the banks did not do transfers. The earliest the transfer could go out was Monday. Guess what? My bill was due on Saturday, I estimated. It was due before the money could arrive. That night I did some 11:11 meditations, and decided my lesson for the 11/11 was the catalyst.

Well 2 days turned out to be 4 days, over the weekend. The rental car bill just quadrupled. Now I was left with a 177 euro bill. Then, my car was finally completed on Monday, but the bill was 653 euro. 53 euro higher than the estimate. BUT, it was close to the estimate. On Monday morning, I dropped off my rental car, then paid the rental car bill. But then I did not have enough on the account to pay the car bill, so I told them I would pick the car up in the afternoon, and this allowed precious time for the transfers to arrive on my account. At 2 pm, my saved hosting money arrived. Then, I had just enough to pay the car bill. A miracle! A prayer answered! I paid the high car bill, with

just enough money on my account. I got my car back, which sounds, and runs much better now.

Then, I worried about my bill payment on Tuesday, as today was Monday, and I had already used the money to pay the bill for the car repair. Well, at 6 pm on Monday, my Mom's money arrived. It was enough to cover the bill on Tuesday. Suddenly, everything worked out perfectly. My book sales payment is still scheduled to arrive this week, to pay for the hosting fees of the City of Shamballa network, for this month.

Miracles and catalysts happened this 11/11/11 weekend. It was a test of faith, responsibility and manifestation. But thanks to the Divine and action, this test was passed. The lesson was learned. Do all that you can, then pray, pray, and pray. After that have faith, have faith, and have faith. God loves you. Don't give up. It will work out, when you do all that you can, and then leave the rest up to the Divine. It always does. If it is a prayer with the intent to love, it will manifest.

Jeshua said to them, "Because of your unbelief, for amen, I say to you, that if you had faith like a grain of mustard seed, you may say to this mountain, 'Move from here', and it will move, and nothing will be difficult for you."

121. The Logoic Body

September 22, 2011

This morning I purified Troy Davis, Jamey Rodemeyer, and all the bullies that taunted Jamey. I intended that the purification be, for each person's highest and greatest good. You can look up Jamey Rodemeyer on Wikipedia.

Then I purified two others, who I have known, that were quite judgmental and they had many distortions. At first, I didn't want to do it, because I myself was judgmental, toward their actions. Well, I purified those distortions, choosing Love over every distortion that might be within me, and ensuring it was in perfect alignment with their Free Wills.

Following the process, Sanat Kumara visited me, and informed me that I had earned awareness of the Logoic Body through my service efforts. He gave me a vision of what was to come, during my Ascension process.

According to the vision, my Monadic body is Qan Dek, as seen in this picture below (mostly white clothes with a little purple):

During the vision, I realized that I received the Ascended Master necklace for my Monadic body initially in 2009, and then received further service jewels in 2010.

Today, during the vision, Sanat Kumara placed another necklace over my Monadic Light Body, and there was key on the necklace. During the vision, he invited me to walk to a door connected with Shamballa, and I used the key to open it. Inside the door, was a large purple overcloak, similar to what Sanat Kumara wears. He put it on me, and placed the Ascended Master necklace with the jewels, over the purple overcloak, like Sanat Kumara has. Bear in mind, Sanat Kumara has a hat and rod of initiation that I do not have.

During the vision, it was basically my official initial entry into 6D consciousness and the new Light Body that I will be using in 5D existence (4th density), the Logoic Body. Basically, in the vision, I earned initial Ascended Mastership (at least in consciousness). 2009 was my initial entry into Ascended Mastership (Planetary not higher). 2010 was my service efforts, as Planetary Master and Guide. Now in 2011, I have become an Ascended Master (in consciousness), being prepared as a Planetary Chohan, following the footsteps of Saint Germain, Master Kuthumi, Djwhal Khul, and Dr. Joshua David Stone.

There is still much training to take, and much more service to do, but now, in the vision, I have received access to the Logoic body, which enters me into 6D consciousness, and becomes my next Light Body, once I enter full 5D (4th density form).

I have requested to be part of the next Ascension wave, and will continue to publish books and administer the City of Shamballa while I am in the physical body.

But this is a big step ahead for me, and it can only be reached, and continued, with efforts of expanded service to all beings out of Love, Oneness and in alignment with Free Will.

More shall be happening in the near future. Love and Light to all. Namaste.

P.S. Posted on 9-22-11. 22 equals Mastery and 9 equals Spirit. 11 means Opening Portal.

122. Should I love the Dark Ones?

August 16, 2011

Question? Is sending Love and Light to someone who is dark a violation of their Free Will? Would this be considered a psychic attack on them? Does this energetic exchange create a karmic debt that must be resolved?

Answer: Sending Love and Light is an act of loving kindness within the Buddhist tradition (and others). The act itself is initially focused on individuals within our circle of acquaintance, yet ultimately expands to all creation. Ideally, if our intention is true and pure, it should begin with all of creation since we are all One. With that in mind, there is no person who is dark, it is only our perception of them, and there is only someone who has yet to realize their own unity with creation. Love only knows giving. It does not expect any return so is therefore an act of no-karma.

123. Love and Light experience

August 14, 2011

So, I was meditating and decided to channel Mahatma Ascension Reiki into my heart chakra. Suddenly, I was floating in my Qan Dek Light Body through the energies of the Mahatma, and I arrived at the Cosmic Council of Twelve (which is really far away vibrationally....The Council is somewhere in the Core of the Universe, near our Source). Sanat Kumara was also joining me in his Light Body, and I saw Archangel Metatron in the center of the circle, and Archangel Michael was on the side. The Council was dressed in brilliant white robes and I could not see their faces, they were Light under the robes, cloaked because of their brilliance, even in front of my Light Body. Wow. They did not have any clear gender.

I asked to be of service to all beings, and if they could provide a Divine dispensation of their energies for myself, the Earth/Gaia and all beings. They agreed. Then I was interrupted in my meditation by a family member, and shifted back to my Earth Body, but felt buzzing afterwards. I wonder what they are going to gift us?

124. Purification of Ted Bundy

June 25, 2011

Ted Bundy was a distorted individual. I underwent the task of purifying him, fully knowing this would be one of my most difficult purifications.

http://en.wikipedia.org/wiki/Ted_Bundy

I intended to purify both him and all of his victims, all of those listed in Wikipedia, and all those that were not found, were unknown, but still were his victims. This is an effort to relieve the Earth from all negative vibration and distortion, that is in the earthbound realms, and lower astral planes, reflecting back to Earth.

Looking at the history of Ted Bundy, he appeared to have negative influence as early as the age of three, when he surrounded his mother with knives. In my opinion, this was a strong possession of him by a greater negative being...a being of carnage. A demon. He was puppeted by this demon his entire life and this strongly influenced his behavior. His entire family history indicates a strong negative presence in the house, with his grandfather possessing very hateful, abusive traits. Whatever demon was feeding in the family house, it was very attracted to and attached to Ted strongly.

Knowing this would be difficult, I added multiple levels of protection prior to proceeding. First, I invoked Archangel Michael's perfect protection from all harm and all ill will, and visualized blue light of protection swirling around me three times. Then, I used Dai Ko Myo, Cho Ku Rei, Sei He Ki and Hon Sha Ze Sho Nen Reiki symbols on me, three times each. Then, I invoked God's Perfect Light, and Perfect Unconditional Love, to be with me at all times, and that God was One with me during this process and beyond, I visualized myself in a beam of White Light directly from God. Then, I invoked a circle of warrior angels around me protecting me from all harm, then I added the Seraphim, Cherubim, Elohim, and then I invoked Archangel Metatron to place a circle of symbols all around me- the Star of David, the Flower of Life, and Metatron's Cube. Then, I invoked Lord Melchizedek and Great Cosmic Beings, and Masters of Shamballa for this process. I was ready.

I visualized the group of all victims and Ted in front of me. Ted was trying to escape the process, back to the shadow. He was trying to move back, to a very tall shadowy demon with red glowing eyes. First, I invoked a team of warrior angels to secure the demon, and keep it from interfering. This process was like separating conjoined twins. Ted and the demon were powerfully connected. Next, I invoked Medicine Buddha (using the mantra three times... Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha!) and visualized Buddha over the crown chakra of each person. Then, I started...Buddha of Signs, Sound, Gold, Glory, Ocean, Light, and Medicine...each Buddha purifying each person, with the nectar of purification saying each name seven times. Then, each person was pulled by their hara chakra into Medicine Buddha's heart for purification (again using the mantra three times... Teyata Om Behekadze Behekadze Maha Behekadze Radza

Sammungate Soha!)...I watched huge white flames purify the group, Ted Bundy was being purified the most. Each person was perfectly prevented from being reborn in the lower realms. I thanked Medicine Buddha. Each person was glowing. Then, I invoked Quan Yin to spread the Compassion of God on each...saying "Namo Quan She Yin Pu'sa" three times. Quan Yin covered each with rainbow healing light. It was done. Each was perfectly purified.

Now, I invoked Archangel Michael to escort each into the Light. The victims of Ted all walked into the Light quickly. Ted just stood there confused and didn't walk forward. I said (and I believe Archangel Michael repeated...."Ted, you have just been purified...do you want to go to the Light?" He still stood there. I repeated...."Ted, you have just been purified...do you want to go to the Light?"...Archangel Michael stopped the process. Archangel Michael said to Ted, "You cannot go back to the regions were you were, you have two choices to go into the Light, or to have your Soul purified and re-created in the Pure All Loving Fires of Purification of God." Ted thought about the options, and reluctantly walked toward the Light. Several healing angels came out of the Light, and gently nudged him to walk forward. They held his arms, as he slowly walked forward. Ted said..."I will go to the Light...I don't know about it, and I never was there...it will be an adventure," he said with child-like excitement. The angels walked with Ted into the Light. Archangel Michael informed me that, "Ted will have to be rehabilitated in the Light, and will go to one of the healing hospitals in the Light, it will be a slow process, but he will recover. He lost many fragments of Love and luckily through your intention, you saved him in time. He will be well now."

The demon stared at me angrily, but was unable to reach me. The team of warrior angels pulled the demon back into the hellish portal. It resisted, and looked for more targets/hosts, but then was pushed into the portal by the angels. Archangel Metatron performed a special sealing ritual, and closed the door to evil through special magic and symbols.

It was done. More negative evil has departed the planet, and its influence is waning.

I thanked all of the beings I invoked. It was done. The beings of Light applauded me happily.

125. Discernment

June 24, 2011

Discernment- there are many New Age groups that have begun to form negative vibrations around New Age concepts- much ego is involved behind the scenes, and many are manipulating the thought-forms to bring the vibration of the positives down. Please remember to feel the vibration beyond the words. If you feel pure Love and it resonates, enjoy it. If not, you are

advised to follow your vibration. It is not about the images, the symbols, the words, the mind chatter...it is about Love energy. If you encounter these types and situations, immediately correct it with positive Loving thought, feeling, listening to soft peaceful music, and go into meditation, connect with your Higher Self and Source of Perfect Love and Oneness.

Groups that use words like "GREATER" and "BETTER" vibrate with ego. Others like to talk of catastrophes vibrating fear. Please just be careful.

The negatives are trying to hold onto their world. They have begun infiltration into groups, trying to turn Lightworkers to their vibrations, and stop the Ascension. Don't let them, keep them at distance, pray for their forgiveness, and eventual awakening, and send them your Love.

When you see a hierarchy forming, that one person is always right, and never yielding to listen, watch out.

There is a difference between Love and a cult.

If you feel separation, much Will without Love, you will know it.

Here are some examples of the negative path:

Distorting Oneness (separation/ego), distorting Love (fear), and distorting Compassion (hate).

Service to Self (others are tools for the self to manipulate and control vs. positive path: Service to Others, all are equal and loved equally).

Hierarchy, ones above fighting for control, and ones below fighting for the spot above.

Absorbing of Love (vs. positive radiating Love), and put downs instead of compliments.

Fear based thinking- massive gloom and doom (versus massive faith in peace and happiness).

Creation of heavy dense energies (negative blame, guilt, depression, constricting versus positive path: responsibility, satisfaction, uplifting, happiness, expansion, and fine lighter vibrations).

Negative: don't believe in Karma, Law of the Circle, and willfully try to avoid it, until life crashes all together on them at once...

The test: Negatives are Supreme Will over Love. No Love. Lots of Will. By their works you shall know them. See through the charades, see the energy for what it is. Use your intuition, follow your heart always.

Here is more: The negatives on Earth are un-awakened and puppets of greater negatives from the lower astral planes. They are vampires looking to suck your energy. Example: Albert Fish, the serial killer, was puppeted by a demon

of blood, Hitler and Roland Friesler were puppeted by demons of anger and hate, others in addictions are puppeted by negative beings of gluttony and there are many more types. Their only goal is...to absorb you...to assimilate you...to constrict you, and keep you powerless...to make you their host.

Some of the greater negatives are very subtle. They are experts at manipulation. They can read your thoughts, and emotions, and are attracted by negative fear, lots of ego, addiction, and greed. It is their food, their energy they wish to feed off of. The astral negatives can shape-shift, and impersonate positive teachers, based upon reading the thoughts and history, stored in the astral plane and earthbound realm that surrounds Earth.

Here is how you discern them...ask if they come in God's Love. Most will try to avoid the question. They do not have Love in their fields, they have powerful energy bodies based upon the first three chakras, with the heart chakra skipped, and more will to reach the throat, and third eye chakras. But because they are missing the heart, they do not light up all chakras, nor achieve balance, nor activate the violet crown chakra, to ascend. So look for the heart behind their words....if they have no heart...they are negatives.

Many positives are stuck with negative parasites they absorbed, until they fully awaken. The way to remove the negatives is to focus on Love, and send them all your Love. They will be repelled, and look for fear somewhere else. The worst thing you can do is to be fearful...that is what attracts them...so shift your focus to God and Archangel Michael with you...holding your hand...holding your shoulder...with you...part of you always. There is nothing to fear, only pure Unconditional Love and Perfect Protection is with you always.

In all my experiences clearing negatives and purifying people, I have never met a negative that could defeat Archangel Metatron and Archangel Michael. They can't, they don't have any Love. They have no power. I have watched many times in my mind's eye, the warrior angels binding the greater forces of negativity, and sending them where they belong...in their vibrations. They don't get past the lower/shadowy parts of the void in the afterlife. Their vibrations are incompatible with the heavenly realms. They have no Love. Love is the key to Ascension. Love, Love, Love.

The negatives will fight to the bitter end to hold onto their version of Earth- hierarchy, control, making others powerless, fear, destruction, uncontrollable anger, etc. The positives are going to ascend to their version of Earth- the environment of Unconditional Love. The two are not compatible, and will be separated upon the Ascension of the positives.

Now here is the interesting fact. While in 3D we are subject to the negatives exposure. So guard your thoughts, your feelings, be careful with the movies you watch, TV you watch, music you hear, words you read...ensure it is of the

highest vibration. Use discernment. Keep distance from the negatives to keep your purity. Don't let them stop your Ascension. You are responsible for your Ascension.

Now at the Higher Self level, all is Light and Love. All positives, and all negatives. The difference between the two, is that the negatives have chosen to block the opening of the heart, and they willfully block the Love, to reach their destination. We are here in 3D to make choices for our polarity. 3D is naturally full of duality, and will always be. The Unity/Oneness vibration of 6D sees all perfectly as Light. Both positives and negatives are expressions. They Are. They exist while we are in 3D, to allow us to make choices for our polarity. They are part of the Game. The very polarized negatives can make it to 4D, but no further, because 5D is Unconditional Love with group consciousness, and 6D is complete Unity/Oneness, and sees everything only as One. Negatives block Love and Oneness, so they willfully keep themselves constricted in 3D and 4D (Earth (3D) or 4D: earthbound realms, ghost realms, hell-vibration regions, and lower astral planes).

So think of the negative person you find as one of God's children sleeping soundly. They are just not aware, or awake. They are on auto-pilot. Send them your Love. Keep your purity. Pray for their awakening, and forgiveness. You can't change their will. But maybe one day they will open the heart, and realize the Game. We are here to choose our polarity, to walk our path, to give all beings the boundary and freedom, to make their own choices. Positives respect Free Will and provide constant Love to all. Don't force your will on another, or you will be stepping onto a negative path. Let the Love flow like water, be action in your choice, and one day we will all return to Source, without need to experience duality, but rather being in perfect Oneness.

I repeat, please wish all beings including negatives your best. Love those who are distorted, pray for their forgiveness and send your forgiveness. But they must make their own choice, on where they want to go. You can only guide them within the bounds of their Free Will.

Take what you wish from this, and feel free to let that which doesn't resonate with you pass you by. It's all your choice who you wish to be.

Wishing all Infinite Love and Light,

Chris / Qan Dek

126. Purification of further distortion

June 24, 2011

Introduction Part I: Reading more Wikipedia, I read about this guy. He was very distorted.

http://en.wikipedia.org/wiki/Albert_Fish

I will purify him along with his victims. A) I don't want ghosts here, and B) The guy was puppeted by an extremely negative vibration being feeding off of the acts; from its needs, it probably was a demon. I don't want this negative evil here anymore, I want Love here.

The astral planes need to be cleaned up. These things do not need to influence us here anymore.

Part II, The Purification Process: Prior to this process I placed Reiki protective symbols on myself, invoked Archangel Michael's perfect protection, surrounded myself with his blue flame, invoked a circle of warrior angels around me, invoked God's perfect pure Light, so that I am in it, and only Unconditional Love is with me, and finally I invoked the Cherubim, Seraphim, and Archangel Metatron to do his magic.

Then I performed the purification ritual.

Well, the children (who were his victims) entered the Light, but for the first time this has ever happened, Albert was only a shell, and he was completely eaten by the demon that possessed him so long. Archangel Michael told me that he could not be escorted into the Light at this time, but had to go through Soul purification, as the demon ate him up to his Soul level, and the ties were severely severed. That is really too bad, but it is the best for all of us. So his Soul will need to be purified, and he will need to restart elsewhere. So he was sent elsewhere for Soul healing, and the demon, although viciously trying to attack, was put back by Archangel Metatron, to where it belongs, in hell regions far from here.

The children victims were saved, no longer wandering the astral planes of Earth. I did my best with Albert, but he had 65 years of incarnated possession, and then he was possessed as a shell since 1935, his energy body was almost completely eaten, and only at the Soul purification level could he be saved.

Quan Yin informed me she will take an active part in his recovery process, providing him much Infinite Love and Compassion.

127. Purification of more negative vibration

June 24, 2011

Today I purified many Mafia members whose actions cannot be spoken of, but they were quite negative, and there were a few that murdered victims.

The purifications, the attunements, the wisdom...all part of the Dharma of my mission in this incarnation and beyond.

I'm not going to repeat the Medicine Buddha purification ritual here, but I did

it with a large amount of protection, as the group being purified was large, and each was of negative vibration.

The following have been purified: Harold Paul Rico, Roger Wheeler, John Joseph Gotti, Jr., Constatino Paul Castellano, Carlo Gambino, Joseph Bonanno, Sr., Salvatore Scala, Thomas Bilotti, Angelo Bruno, Antonio Caponigro, Philip Testa, Angelo Corallo, Vincent Louis Gigante, Carmine Fatico, Albert Anastasia, and Meyer Lansky.

Prior to this process, I placed Reiki protective symbols on myself, invoked Archangel Michael's perfect protection, surrounded myself with his blue flame, invoked a circle of warrior angels around me, invoked God's perfect pure Light, so that I am in it, and only Unconditional Love is with me, and finally I invoked the Cherubim, Seraphim, and Archangel Metatron to do his magic.

There were many astral beings and hell beings trying to stop this process-black-death wolves, wormy-hydra creatures, but between the angels and Archangel Metatron's Metatronic Cube, Star of David and Flower of Life, the negative creatures went quickly back to where they belonged.

Those purified were crying in joy, and were worn out, much like I saw with the case of those in the SS I purified earlier. I mean Medicine Buddha and Quan Yin purified them, I only invoked their help, and watched the process under the protection of Archangel Michael.

May the Divine Light increase, and heal the darkness, and unite all into the One. May separation be vanquished forever. Wishing you each Abundant Love and Joy.

128. Prayer to the Creator

May 20, 2011

Oh Lord, make me an instrument of thy peace.

Where there is discord, let me sow union,

Where there is hatred, love,

Where there is despair, hope,

Where there is darkness, light,

Where there is doubt, faith,

Where there is sadness, joy.

Lord, let me seek not to be understood,

But to understand,

Not to be loved, but to love,

For it is in consoling that we are consoled.

It is in pardoning that we are pardoned.

It is in giving, that we receive, and

It is in dying, that we rise to eternal life

with thee.

- St. Francis of Assisi

* * * * *

http://en.wikipedia.org/wiki/Francis_of_Assisi

129. Love and Free Will

May 11, 2011

My recent comment on another network: Blessings to you whatever views you have....it's all the nature of this density. All beings deserve Love. Separation is a creation of our choices.

The Love constant and the Free Will curve. That is the duality paradox, which we live in this density. Know that you are constant Love, and the Free Will choices of others flow about you like the wind. They are as various as the wind. Don't try to change the wind...let it flow around you. Keep being the constant Love. That's all you do.

Example- I was driving home from work. The person behind me passed three cars (including my own) at high speed, against the on-coming traffic. One car suddenly appeared around the corner, and was about to hit the speeding car head-on. I covered the cars in Archangel Michael's blue light, and prayed to Archangel Michael for their protection. Suddenly, the speeding car barely fit into the lane, and the other car missed them. The drivers had the Free Will choice to do what they wanted...I was the constant Love intending their protection. A life was saved that day and all is well.

The Universal Law of Return keeps the balance among our Free Will lives. No need to dwell on Free Will here...it just is. And it is always changing. Like the wind. Love is what unifies us. Not Free Will. Focus on radiating Love. We are the glue this planet needs. We are the Love, the balancers, the Tao. Free Will, while useful from the perspective of expression, does sometimes lean against another's Free Will and create friction. What is the answer? Understand that Free Will is perfect in its unique way, and that the situations need the constant of Love, to balance. So when you see chaos around, know it is the Free Will nature of this density. And if you want to know your service

here, and to be free of chaos, be the constant Love, amid the chaos caused by Free Will. Your Love will unify us all.

130. Ghost purification

May 9, 2011

Sorry if I am not online much. Recently, I served as a mover of our household, with a rented moving truck to our new apartment. There is still some stuff left in the old apartment, and I will be taking daily trips after work to pick up the rest. Currently internet access is primarily at my work, in which I have little time to access, except during lunch breaks. We should be setting up broadband internet at the new apartment within the next two weeks.

Last night, I had a dream. It actually seemed like an Out of Body Experience (OBE). It wasn't very dreamlike, and involved my conscious thinking process. There was a very sad, upset, moaning, wailing, middle-aged woman in the Spirit world that was contacting me. She contacting me previously a few years ago, and I forgot about it, and never did anything in return to communicate with her. This was very interesting, because, it was after we moved into the new apartment. There is some strong energy connected with changing real estate with her. She was obviously a ghost or something. She was very unhappy, and seemed to meet me in the earthbound realm, where most of my OBE's take place. My dreams are mostly on the astral plane. First, you cross through earthbound realm, to get to astral plane (which includes the void), and then you get to the heavenly realms. But anyway, she was very, very unhappy, and at times she showed anger, but was very imprisoned, and behaved as if she was stuck. This led me to believe she was a ghost. I performed the Medicine Buddha purification ritual from memory, and then asked Archangel Michael to escort her into the light. Then the OBE ended.

I saw the face of the woman but could not remember her name, until, I received a flashback of my time in Massachusetts, visiting her town with my father (another connection of her to me). Suddenly, a name popped into my head. Lizzie Borden.

http://en.wikipedia.org/wiki/Lizzie_Borden

After her tragic history connected to places and people and a difficult life, it is quite logical she became a ghost, because, there was unresolved stuff in her life, which she needed to stick to Earth to resolve. Then she got stuck, fixed only on Earth, and unable to find the Light, and she became a ghost. Maybe she sensed my spiritual abilities, and clung to me, I am not sure. But regardless, she has been purified, and escorted into the Light.

131. Purification of Osama bin Laden

May 3, 2011

Last night I performed the purification ritual for Osama bin Laden.

As with all other purification rituals I have performed, they take place in the void, also called purgatory. It is the meeting place between areas. It is the separation between heavenly realms and hell realms. It also contains a tunnel, which leads to Earth. It is a place of reflection, a place of decision, prior to returning to the wheel of life, a place where many who pass, who are not of heavenly or hellish vibration, and remain until they make the decision to return to Earth. In the void, there are portals to the heavenly realms, and also to the hellish realms (they are on different sides of the void). It is all a matter of vibration in the afterlife. The purer lighter vibrations of the void head towards the heavenly realms, and the denser heavier vibrations head towards the hellish realms. It appears the heavenly realm inhabitants only enter the void when asked. The hellish realms inhabitants are blocked by vibration from entering the void, but do try to coerce those in the heavier vibrations of the void, to enter the hellish portals on occasion.

First, because I felt this process may be dangerous, due to the vibrations that were surrounding Osama bin Laden, I invoked Archangel Michael's protection for my highest and greatest good. I intended to perfectly purify Osama bin Laden for his highest and greatest good, and return him to the Light. I saw Osama bin Laden in my mind's eye. He was looking like he did 10 years ago, but was appearing serious. He saw me, and looked a little perplexed, when he saw me. I am on Earth, and viewing the void through a tunnel. We saw each other through the tunnel, which on my end, ends at my mind's eye.

I performed the Medicine Buddha portion, invoking Medicine Buddha with his mantra "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha" three times. Osama looked up and saw Medicine Buddha floating over him. Then, I watched the Buddha of Signs, Sound, Gold, Glory, Ocean, Light and Medicine clear Osama with the nectar of purification. His serious demeanor changed to a smile, after the Buddha of Gold's nectar. Then, Medicine Buddha pulled Osama into Buddha's heart. At that point, there was something that I last saw when I purified Adolf Hitler: A Niagara Falls-type rushing of purification water that washed over Osama bin Laden. It was a very, very deep cleansing. I intended Osama was prevented from being reborn in the lower realms. Then I invoked Quan Yin to spread Compassion of God to Osama by saying "Namo Quan She Yin Pu'sa" three times. I watched Quan Yin bathe Osama, in Rainbow Light of Compassion. It was done. He was purified. At the end of the process, a tear fell from his eye, maybe because of joy, maybe because of reflection on his Earth life, I am not sure.

Then I invoked Archangel Michael to escort Osama bin Laden into the Light. A portal of Light opened, and Archangel Michael stepped out in front of

Osama bin Laden, looking at something. Perhaps attracted by Osama's original vibration, trying to keep him in the hellish realms, a giant 30-40 foot tall, Cerberus-type, black hell-dog was gnashing its teeth, and trying to grab Osama, to return him to the hellish realms. Although purified, Osama was not in the Light yet, and the darkness tried to bring him back to hell.

I last saw this monster when I purified Adolf Hitler. See http://en.wikipedia.org/wiki/Cerberus for pictures of it. It is an enormous monster of destruction and carnage, and seems to feed off of this violent carnage energy. After reading about this monster, it is one of the guard dogs of hell, and typically does not enter the void, and stays in the lower realms of hell. But somehow, this monster followed Osama bin Laden out of the hell portal, and tried to grab him. Accompanied by this monster were two fiery hell-hounds (the type I saw when purifying Gaddafi's son). It appears the fiery hell-hounds are from lesser regions of hell, while the Cerberus type giant dog is from the lower greater regions. Archangel Michael picked up Osama, and lightly tossed him into the portal of Light. Apparently he knew this thing was extremely dangerous, and it was trying to bite, and destroy everything around it. He also jumped into the portal, and closed it. Then, this monster sensed me viewing the process, and snapped at me.

Thankfully, Archangel Michael had placed a force field of protection around me (remember I invoked his protection before the process). The monsters bite was reflected off of me. Then, suddenly Archangel Michael returned. He was leading many, many warrior angels. The angels eliminated the fiery hell-hounds. The Cerberus dog was extremely powerful, and could not be eliminated by the angels' swords. Suddenly, blue glowing ropes of Light appeared out of the air. Each end wrapped around this monster's feet, and more ropes tied the monster's mouth shut. Then, all the angels, including Archangel Michael, secured the monster, and pushed it slowly back into the hellish portal, where it came from. The creature was returned to where it came from, and Archangel Michael placed another wall of Light near the portal, to keep it from escaping again. It was done. Archangel Michael returned to me, placing his sword into the ground and said, "You did something great today. It is an honor to serve you." He smiled, and returned to the Light with his fellow angels.

132. Purification and Dreams

May 2, 2011

First of all, Gaddafi's youngest son, Saif al-Arab, was killed in a bombing. I performed the purification ritual on him. As I completed the ritual, I thanked Medicine Buddha and Quan Yin. Then, I called for Archangel Michael to escort him into the Light (entering the Light enters the Master Vibration of

God, which releases all negative implants, templates, etc.). He looked very scared, but was happy to be blessed. Archangel Michael was standing, with his usual 8-foot tall stature. He was standing in front of the portal. Then, he looked and noticed something. Chasing Saif was a large fiery hell-hound. Archangel Michael saw it, and quickly escorted Saif into the portal of Light, then while blocking entry to the portal, he pulled out his blue sword and beheaded the fiery hell-hound before it could catch Saif. It instantly disappeared, and Archangel Michael entered the portal, and closed the portal. I was watching the Spirit realm actions from Earth.

As I fell asleep, I asked that my human body be filled with my Oversoul, and purified. I intended to be a vessel of Divine Will and Divine Love. I intended to release the human self for the Divine Self. I felt my Monad entering my feet, and squeezing into my finite body. Then I fell asleep.

As I slept I had three dreams.

Dream # 1

I forgot I was to get an award, and was reminded by my boss, that my award presentation was to begin downstairs in nine minutes. When I arrived, I was the last of two awardees. An entire crowd was in a large room, including many higher ranking/prominent people in the audience. I had a black overcoat on, but I forgot my pants, and had only shorts on. As my name was called, I was concentrating only on hiding my exposed legs. I got to the front, and bowed before the presenter. It was a formal function. They gave me the award. I said thank you (the audience waited for a speech), but I quickly left the audience, because of my discomfort with only shorts on. Afterward, I didn't know what the award was for, I read the certificate, in which very much Love was put into the write-up. I decided on my own accord in the past, to donate blood during a blood donation at my work. It turned out, unknown to me, that I was the perfect match for someone who was dying and needed blood. I saved their life without knowing it, and was a hero. My boss stopped by, and asked how the presentation went, and I said it was good. Then, he said if anything needed changing on the award certificate, to let him know. I said it was perfect.

My interpretation: The exposed legs were self-explanatory. Last night I forgot to wear my pajama pants, and my legs were cold. This was disrupting the dream, and returning me from the dream world/astral plane, to my cold human body. The award was maybe symbolism, for the reward for work of Spirit being done on Earth, costing much of my own blood, but saving lives.

Dream # 2

I was watching a long line at the bank. A father was there with his teenage son. The teenage son wanted to do what he wanted, and argued with the father, that he wasn't always going to do what his father wants. The son

wanted to leave the bank, and the father said for him to stay in the line. I blessed them both, and invoked Archangel Michael's protection for each, balancing the situation as much as could be done.

Interpretation- this dream is filled with duality, with an audience. I am to perform Earth service, despite the audience/perspectives of the Earth's inhabitants, and perform unity, despite the dualistic nature.

Dream # 3

I dreamt I was on a busy bus full of people. I saw an angel sitting with each person. The people didn't notice the angels, but they were smiling at me.

Interpretation- the angels are here with us to protect us, and wait for us to ask for help, even if we don't seem to notice them.

I woke up this morning, and saw the news that Osama bin Laden was killed. I will not let duality, and the mind, win in this interpretation. Although many are celebrating his death, I may remind you that Al Qaeda celebrated the death of the Western nations' populations. So may I ask you in this situation, who is the murderer? The answer is easy...both. The bombs killed Pakistanis, and Afghan families, as did the World Trade Center bombing, and all the military losses in the wars. So, we are in the tennis match of duality. It is similar to my dream.

From each angle, one is correct in their own way. I advise you to step back from duality, and enter unity. Unify the forces, don't take sides. The solution to release separation, and duality, is Universal Unconditional Love. So, I will be performing the purification for Osama bin Laden tonight, as I would for Bush, Cheney, and Rumsfeld if they passed. I would perform it for Saddam Hussein, as I would for Gaddafi. I would perform it for the victims of war, and for the oppressors. I perform it for anyone who passes. Why? All beings deserve Love. The purification ritual invokes the master vibration, releasing all that is not Love...so it only helps. As we purify those that are deemed "dark," we purify the sections of us that are deemed "dark," which separate us. As we purify others, so we purify. As we release others from duality, so we release ourselves. We are all One, and since we are One...what we do to others is done for us.

Wishing much Love to all of you,

Chris / Qan Melchizedek

133. Contemplation

May 1, 2011

Sisters and Brothers of the Light,

I am contemplating something but cannot find the answer. I will try also to find the answer in the Ra/Q'uo materials.

I read about Auschwitz which led me to this story. I had tears in my eyes reading this.

http://en.wikipedia.org/wiki/Mala_Zimetbaum

In which I received a comment from someone on Facebook - Why did u cry? U seem very, very, very impressed!!!

In which I answered - I imagined myself in their place....I do not know why I cried...recognition of the love and strength they showed for others, despite the exterior difficulties and sadness for all the harm ever caused by the SS...Maybe a recognition of part of myself.....I will contemplate this...very good question.

Why am I sad in reading this material? Is it my great compassion for all beings? Why am I sad? .....Is it sadness from seeing the pain each other brings outside of heavenly bliss...is it remembrance in her actions of something I am familiar of? Is it sadness for how love is treated by the opposite polarity? This is a deep question, and it definitely has to do with sadness over separation from Love.

134. Vibration

April 22, 2011

The other day there was a long discussion with someone at my work.

We were talking about why certain beings appear, and many other things. Also about channeling, and connection to the spiritual world.

This blog is general, and about my experience. Your experience may be different, so please as always with everything, use discernment.

Basically, when a person first embarks upon meditation, and wishes to connect to the spiritual world, there may be resistance from the mind. Confused colors and images fly around, until the mind has settled, and surrendered. Depending on what you do before meditation, makes a big impression on the mind, and its resistance. If you listen to loving soft music, or watch movies full of Love, you attract Love in your vibration, and that is impressed upon the mind. If you watch scary horror movies, the fear is in your vibration, and is impressed upon the mind.

The Spirit world has its doorway in Earth, and through the heart and mind. The Soul/Higher Self is in the Spirit world, and is the silent watcher. First of all, check out http://near-death.com for a description of the Spirit world, to understand this. The Soul/Higher Self exists in the heavenly realms. It speaks silently, through intuition to you. It is above the vibration of the mind, and connects through the heart. The subconscious mind can range in connection between the astral realms, and Earth. The astral realms span from the lower

heavenly realms, to the Void (known as some as purgatory), to even the hellish realms, and also to the earthbound realm, and Earth. The conscious mind also can reach those areas, but has a limited capability to reach all. It is more finite in its range.

Basically, coming back to the point, is that you have three parts. You are the conscious mind of your waking day, the subconscious mind of your memory, dreams, and you are the Higher Self of Love, which connects into your heart, and speaks through intuition.

Now back to meditation. The heart is always Love, and the Higher Self sends its Love always to the heart. The heart can be blocked by the mind, because of our Free Will, and all parts have equal power within ourselves at first. The mind and the heart are different, but equal. Gradually as the heart opens, the power of Spirit overcomes the mind, or the opposite, the mind blocks the heart from opening. The choice of heart or mind, depends on the choices each of us makes.

Someone said to me, why would someone see a devilish person when they meditate? The answer is fear. The person who meditated had a vibration of fear (such as anger, guilt, blame, jealousy, greed and the other vices), which attracted this entity. The entity most likely was a lesser one, who decided to puff itself up, to create more fear on which it lived. The more dangerous energy parasites, are those that attach to addicts...a constant source of nutrition, for the parasitic beings. The lower astral beings close to the hellish realms live on fear energy, and are quite parasitic. Release the fear and they go away. A good way to test them is to say "Do you love God?" or "I bless you with great Love." They will usually run when they hear that word, or continue to act confusing and chaotic. They fight for your attention, don't give it to them, it is a waste of your energy. The fear is formed by what you expose yourself to, and is often sourced from the mind. When this happens, visualize the angels surrounding you, and that you are One with God, feel great Love in the room, and know you are supported. Focus on what you want. This moves energy from the mind into the heart, and releases fear.

Now if you have a Love vibration, you will naturally attract angels and other loving beings through your vibration of Love (such as purity, oneness, satisfaction, generosity, peace, and happiness). When you want to channel or reach loving beings, focus your intent to connect with them. Ignore the mind, enter the heart, and do everything out of Love. At first, the mind has more power, but as the heart opens, it will flower like a blossom. Surrender to Love, let it fill your being, hold the Love vibration, and this focus will allow you to release the mind. What you give power and energy to, so it shall be.

Basically what happens is when you are loving, you send Love vibration from Earth, to the earthbound realm, to the Void, to Heavenly Realms, where it is picked up, and attracts loving beings to come close to Earth, and communicate

with you. You have to ask them for help, they will not communicate without being asked, as this is Love, and respect for the Free Will God gave you.

Now, if you send fear vibrations, they are denser/heavier and cannot travel as far. They go from Earth, to the earthbound realm, to the Void, and often attract beings from the hellish realms. The beings from the hellish realms then are attracted to you. They often don't wait for your call, they push their way to you, as long as you are in the fear vibration, and fight for your attention. Stay One with God and Love, and don't give them any power. They will leave you, in search of the fear vibration.

To get out of fear, enter Love. That's all you have to do. Blanket yourself with great Love, visualize your loving support, and you will not be led astray. It's a matter of vibration.

P.S. Someone asked me, when they contact the other side...how do those from the heavenly realms appear, versus those from other areas? Often when those of the Spirit world first contact you, they appear as faces, and then once you have a better connection, they appear full bodied. My experience has been with people who have passed that came from the heavenly realms, and those from the Void. The people from the heavenly realms open a door, and white light shines from where they are, to you. They are dressed in white and smiling at you. On their side are relatives, and others, who also passed over, and are supporting them. On the other side, an angel may exist to help keep the connection open (the Bridge of Light and Love). Now, those existing from the Void are different, they are not white, but grayish in color, they are alone, and not happy, maybe sad.....those in the hellish regions are aggressive, angry, and manipulative. The amount of Love is diminished. They need your prayers, to bring them to wholeness and Love.

135. Daily protection

April 21, 2011

Writing this blog to give you an idea of some daily protective rituals that I do.

You may choose to emulate, or do you own.

Before I start my car, I pray to Archangel Michael that I am perfectly protected from all harm, and all ill will today, for my highest and greatest good. I place the Cho Ku Rei symbol on myself, and watch blue light from Archangel Michael swirl around me three times. Then I repeat the process for my car, then for my wife, then for my daughter, then for my wife's car.

Then I drive, and while commuting to work, I place the Cho Ku Rei symbols and blue light of Archangel Michael, on those I feel that need it, if there are distortions, or if there is imbalance. Examples: accidents, cars on the side of the road needing towing or help, people driving too fast/tailgating, trucks that

pull out in front of fast moving cars, etc. Also, I do this for ambulances and fire trucks. If I see people on the side of the road, I will blanket them with symbols and light, as well as their vehicles. For the accidents or injuries, I will also pray and send Reiki to help their situations. Also, I will do this during the day (and night), not just with cars but anywhere, if I see people having trouble briefing their bosses at work, pedestrians crossing the busy road, bicyclists, basically anywhere where I see, or feel imbalance.

Never has the protection failed. Many distortions have been balanced, and successful outcomes achieved. Have faith you are here to be compassionate to your brothers and sisters. All is well. Each act of service you do is remembered.

Just a snapshot of what I do every day, to the best of my ability. Wishing you the best of success, in your service to others as well.

Namaste.

136. Universal Love

April 16, 2011

This morning, I drove to the supermarket to get some food and do some errands with my daughter. As I parked the car, and got out, a man approached me. It was the same man that I gave a ride in the past (see the post about the hitchhiker). He was an older man. Everywhere I see him, he is wearing the same clothes, and walking everywhere between towns. He obviously has some tough times.

So he approached me, I don't think he recognized who I was. I gave him a ride while my car was in the shop, and I had a loaner car at the time, when I last gave him a ride. He asked if I had 2 euros, so he could buy something at the supermarket. When someone asks me I help as much as I can, because I know it is a part of a Divine Plan. I opened my wallet and only had one euro. He was a bit sad and was ready to walk away, when I said..."Wait here." So I went to the ATM, and thought about the 2 euro. The machine only withdrew in multiples of 5 euros or higher. I needed to pick up some medicine for my daughter in the pharmacy anyway, and needed to go to the ATM. So I withdrew 5 euros for him, because I know generosity is always rewarded.

I went back to where he was waiting, sitting patiently on the curb. There were cars everywhere, and families all running around crazy in their own lives. And he was there needing help. No one seemed to notice him. So I went to him, and gave him 5 euros, so he could buy food. He had a surprised look on his face, and said very politely...."So much?" It was not much for me, because I knew the money would return, and I was supporting the universe with this action. I said, in German, "I remember you, I picked you up before, you walk

much, this is the least that I can do for you." He didn't want to accept it at first, but then very politely said "Danke Schoen (thank you very much)." I said "Have a great weekend" in German. He said "Thank you and have a nice day." I said "Thank you, you also," and I continued doing errands with my daughter. I taught her that no matter who it is, if someone needs help, you help them, because when you are nice to others, niceness always returns to you.

Seeing this man again, confirmed that life is about connections and themes. He was a connection to express a theme with me. My theme may have been generosity and acceptance, and his, maybe, an answer to his prayers and acceptance.

I enjoy being Universal Love. I do not care who it is that needs help, I help them. I see God in others, and these acts bring God one step closer to each of us. Only our beliefs, judgments and fears separate ourselves from the Divine. I am still in the learning process, and feel my Divine expression still needs more practice in the physical world. But each step of the way gets us closer. The hardest part, as with my previous lessons about faith, was being Universal Love, while the entire world around me revolved around separation. The other people in the busy parking lot seemed only to be caring about themselves, and did not help the man in need. My mind said "What are you doing? Be like the other people. Stay away from this guy," which I rejected entirely, and stepped into my heart space. But to be strong, and help him, regardless of his appearance, while others were nicely dressed and clean, took much effort to exist only from the heart, and not the mind. More practice will be needed, but I believe I did a great act today. A Universal Act of Love, and One that was deeply remembered in the Heart of God. I felt I was existing in a different density than the surroundings in this process, and it was difficult to hold that higher vibration in this physical density. But it was wonderful to be able to do it.

I AM Acceptance, I AM Faithful, I AM Universal Love.

137. River

April 15, 2011

"Be Universal Love. You are the river. You flow. Free will exists here and will always exist here as this is the nature of this density. Not everyone is ready to accept your Love. These are the barriers, the rocks. The water simply flows where it is accepted. The Love flows where it is accepted. The water flows around the rocks, the barriers people create. But what happens when rocks are near the river? They are carved slowly by the water. So just keep flowing your Love. Being near your Love will break the barriers in due time. Continue to flow your Love like the water and you make a difference for the

whole planet."

~ My Higher Self

138. Love all

April 14, 2011

Reference this link: http://nymag.com/daily/intel/2011/04/10-year-old_boy_escapes_moms_m.html

This is so sad. Distressed states of mind create distressed choices. I will be praying for her forgiveness, and for all who passed. I call upon Archangel Michael to escort them all into the Light. All beings deserve Love. I don't care if it is a serial killer who passed. Yes, Karma may lock them up while they are on Earth, or in the after-life, but they still deserve Love and Forgiveness.

Let me repeat for reference.....Heaven and hell are spiritual states of being. They are not static states, but are states in which there can be growth and progress, toward ultimate wholeness of being.

Comment from the news article re-posted...."My babysitter is friends with Lashaun's aunt. The family is distraught and can certainly do without all of the judgment. If the New York News printed OUR life story for others to criticize, then maybe we would get an idea of the hurt that criticism brings. People do things because of their elevated mental state. Sometimes, people are convinced that (a horrible situation) is the ONLY option and painstakingly follow through, thinking that it's for the best. I have no doubt that she loved those babies. Keep in mind that she took her own life as well. It's all a horrible thing. Most people with a mental illness battle this on a daily basis. And they often feel that they've run out of options, which brings about a "slew" of psychological issues and bad decisions. I know this because that is my line of business in Atlanta. What we view as "making common sense decisions/ taking responsibility" is not the same perception of someone in mental distress like this. This is a heartbreaking situation and my heart goes out to the 10 year old. Not only did Lashaun deal with the ongoing domestic issues, but now he must deal with this traumatic event. Folks, let's not display further hurtful, and insensitive ignorance on obvious psychological-related issues. Best Regards."

My response on the site- "I agree, and will be praying for their forgiveness and protection, wherever they may be. I don't care who it is or what the state of mind is. What is state of mind? It is as fragile as the rest of our bodies. People ...die every day from cancers, diseases, not a single one person is so perfect, that they cannot make mistakes, or fall apart given certain conditions. I don't care who it is, there is a need, and it is your chance to help. All people deserve love from another. Remember what goes around comes around. Just be love."

139. Garden

April 12, 2011

We are here to tend the garden. We spiral into physical form to express our infinite Love, from within, to the physical density. It is our act of Love to serve all beings and all densities, and thus we lift the vibrations of this density, to unite it, and return it back to our Creator, as a glorious offering.

140. Channeling April 9, 2011

April 9, 2011

(Chris/Qan Dek): As I write this I want to express my deepest gratitude to God, the Archangels, the Masters and the Great Cosmic Beings who have supported me and many others during this time, while my day job was at risk of cancellation, due to politicians arguing over budgets. As I was shopping for food, swarms of people were stocking up on food in case of store closures due to the government shutdown, the human resources department called me to let me know I may not have work on Monday, fears were being projected by coworkers, and even some on Facebook about concern of missed paychecks. There was nothing left for me to do. I turned to you Father and the many beings who support, and I prayed. I prayed that a compromise was reached, that all those affected still had jobs, to meet their obligations and support their families. I sent Reiki to the situation. I surrendered to you Father and could only have faith. I invoked your help Father, in resolving this situation because I trust you Father. While going to bed last night, the last news article I read, was that an agreement could not be reached, and my job was to expire at midnight April 9th USA eastern time. All logic pointed to fear and failure. But I would not give in. You are my Rock Father. I rest on you for support. I trust you in time of need, as you rescued many who trusted you. You are Unconditional Love, and a Father for His children. As I prayed I looked up and saw you God, with the Angels and Masters in Shamballa, surrounding me in a circle looking down at me.

(God): Surrender is the way to me. Faith in my Love is the way to me. Surrender the mind and give in to the heart. As your heart beats ceaselessly for you out of Love, so my heart beats ceaselessly for you. You have knocked, sought my help and you have received. You are blessed eternally and loved always.

(Chris/Qan Dek): Thank you Father with deepest gratitude. As I woke this morning, and looked at the news, it was exactly as you said to me. They would reach a compromise, and I and many others would still have jobs. You tell me "All is Well and All will be well. You are blessed always." I believe

you and trust you. I have great faith in you, even during the greatest fear. I rest on you. I lean on you. I lean on your Love. You are my Rock and I love you, the Angels, Masters and all. Thank you all for your support. In deepest gratitude.

(Chris/Qan Dek): I read recently that Sai Baba was ill and that his illness was transmuting Karma for the planet. Can you tell me more?

(God): He is blessed. He is doing service. Do not worry. He is succeeding. He is blessed and all are blessed.

(Chris/Qan Dek): Father please tell me your words. I am like Enoch in the Bible. Your scribe. I long to be with Archangel Metatron.

(God): Metatron has already identified you to be by his side in service. That is why you are on the path you are on.

(Chris/Qan Dek): Recently two friends of mine passed. I performed the purification ritual for them. I watched Archangel Michael open a portal of Light, and they both entered it, and were escorted by him. One said- "Thank you man...Have a good one," and waved....like he used to do in the past while I knew him alive. Then I knew it was done and All is well. I watched the Masters in Shamballa provide a standing ovation.

(God): There are many thankful for your service. Be Love is all I ask for service. With each step you get closer to me.

(Chris/Qan Dek): Thank you Father for your words. I am blessed and all are blessed.

141. Choice

April 6, 2011

All is One and One is All. You are all things, and yet you are also yourself. We live a paradox while incarnated. We are created to be finite, and yet remain infinite. The finite is an expression, beyond the infinite. The infinite is an expression, beyond the finite. We have constant unending unifying Divine Love, and yet we also have Free Will as various, and changing as the wind. Here we make choices. Shall you choose Love with Free Will, or the more difficult path of Free Will over Love as your expression and creation? All are expressions and creations, but only you can choose.

142. I AM

April 5, 2011

The nature of the Infinite One is infinite. That is why you see infinite expressions of being, of existence. It just IS because it IS designed that way to allow for infinite expression. The pendulum will swing left or right, or not swing at all. It just IS. We are portions of the Infinite One, and we choose our path. All paths return to Source, because they all exist as Source right now in perfect expression. Choose, and create the path you wish to create, and BE that you wish to BE. If you choose Love, you shall BE Love. If you choose Unity, you shall BE Unity. That is why they say I AM that I AM. Because you are All That Is. You Are.

I bow to the Divine within all beings and creation. I AM Universal Love and Light.

143. Channeling April 2, 2011

April 2, 2011

About Focus

(Chris/Qan Dek): Why all this training to focus, finish tasks, and pay attention?

(God & Great Cosmic Beings of Light): You are being trained to focus. You may ask yourself why? You have abundant mental energy. In the physical density, it can be a distraction. But on the other side of the veil, increased mental energy moves things. Thoughts are as powerful there, as your form is here. You are being trained to focus, to direct your energy on your path. You chose spiritual service, and all of us are here to support you in the service, in this form and beyond.

(Chris/Qan Dek): Thank you Father.

(God & Great Cosmic Beings of Light): Trust. Your words are my words. All is well. Have faith that we are here to support you always.

(Chris/Qan Dek): I'm starting to channel! Thank you Father!

(God): You are welcome. You are blessed.

(Chris/Qan Dek): Is this really the Father?

(God): Yes it is. I have many aspects.

(Chris/Qan Dek): I'm so excited I could write it all down!

(God): Continue writing. Continue your focus. You are doing well. Have faith you are well on the path.

(Chris/Qan Dek): Can you give me advice about 2012?

(God): I cannot give you advice about specific dates. The portal you and the

entire collective are going through, is magnificent and glorious. You will be amazed.

144. Channeling April 1, 2011 and earlier

April 2, 2011

"Have faith. You are perfectly protected. You have my word and honor."

~ Archangel Michael

"Tend the fire of your heart, with each act of Love the fire grows more toward me."

~ God

"We are all here for you, watching you, and supporting you. You are doing wonderful things. We are excited with your progress. We celebrate with you."

~ Sanat Kumara and the Masters of Shamballa

145. Protection from Black Magic- a method

March 30, 2011

Black magic and dark entities use fear and separation as their tools. Fear is created from an un-awareness of Love. Separation is created from an un-awareness of Unity or Oneness. Fear like Love exists due to the duality/Free Will nature of our sector of the universe. While in this density, the choices will always remain, as we exist in this density to make choices. That is the primary purpose of this density...to make choices that either separate through fear, or unify through Love. Choices of one path, or the other, as an expression of the Creator through duality.

When you feel scared, it is often from a feeling of helplessness or being alone. It comes mostly from being un-awakened to reality, of more than what you see with your senses. So, focus on having strong support, that you are on a team...Because You Are! Rest on the loving support of the multitudes of Angels, Ascended Masters, Cosmic Universal Beings of Light, your Higher Self, God and many, many other beings who watch you all the time, and care very deeply for you. Focus on the Love that surrounds you and the Love that comes from within, your Higher Self and the spark of God that is always there. It is your choice. The Light exists, but it is up to you what you focus on, as it is your choice here.

Focus and visualize all these beings in the same room as you. Because they are. They are here for you. They love you with an intense compassion for you, and enjoy supporting you...because you are some of them, as they are some of

you. You have loving support. You are not alone....you have power beyond your comprehension here for you. Why should you fear? You have Unconditional Love with you. You are Unconditional Love. There is nothing to fear, it is illusion of separation. It is illusion because you know, and feel Love, and Unity, and support with you always. You have faith because you have a deep knowing.

Now as black magic tries to strike you- call upon Archangel Michael and the many beings I have listed above. Visualize them around you in a circle of protection and Love, absorbing all the black magic and transmuting it into Love. Visualize a force-field of Etheric Light surrounding you. You are bathed in Love. Visualize God/Source/The Creator with you, in the center of the force-field radiating Eternal Love and Light, outwards to all existence. You are with the Sun of all Suns, and nothing will harm you. You are perfectly protected, and you rest in that feeling of Love always. Visualize Great Love being reflected back to your attacker. Bathe them in Love, visualize them being freed of their separation and fear. Visualize their fear and separation breaking up in the sea of Love. Send them powerful waves of forgiveness....I forgive you and Love you deeply, as I Love all beings. Bathe them in Light. You neutralize the power of their tools. Continue to rest in Deep Love, the support of Great Love and Purity beyond all words. You are that Love and Purity.

Eventually they will give up, and make a Free Will choice for another target. It is their form of expression. But maybe, and have great faith that it is true and done, maybe you changed them and they choose to unify in Oneness and Love.

146. The Game

March 21, 2011

Take a breath and look at the big picture. Looking from outside in, you will see the changing of our times as the natural polarity mixture of yin and yang, positive and negative that forms this physical density. It is just how it is formed and exists. Each theme is a player in the game. Now with Divine direction, the events are getting more pronounced, just look at the solar cycle, and the solar system's traverse, deeper into the galactic core, as part of the big picture.

Each event is a chance for an increase in polarity, either positive or negative. Both polarities exist and will always exist here. But you can look as the events as massive opportunities to serve others, or as opportunities to hurt others. The choice is yours. What will you choose? Will you be grounded in Love and its Unity, or fear and its separation? All will eventually return home, but while we play the game with the always changing factor of Free Will, the

extremes will continue to exist as chances for choices.

147. The Soul

March 6, 2011

"Choices made in fear separate; choices made in Love unite…You are all things. The Soul is the universe and the universe, the Soul. All that is within you is, in fact, outside you, and all that is outside you is, in fact, within you. All things can be known and all things cannot be known."

- The Q'uo

Excerpt from https://www.llresearch.org/channeling/1991/0106

148. Dream and more

February 26, 2011

I had an interesting dream. I seem to remember dreams best, when I wake up an hour before I wake up, and then fall back to sleep, and then wake up when I am supposed to. But anyway. Where I work there is a place to eat called Ray's Diner and a Flower shop called The Boutique or something. Anyway, as with most dreams, the names got crossed. So, I had a dream about a Ray's Boutique. I was called, and asked, if I would accept a delivery of flowers at my work. I said, at first, "It wasn't mine," and then I had courage, and said, "I will take the delivery since it was intended for me." That was a Higher Self-lesson on acceptance and faith.

Fast forward to waking life. I saw a Valentine's Day, candy on the table left over from last month. It had the words "No Doubt" on them. I earlier prayed that everything would work out perfectly with my move. It was a message not to doubt, and to have faith. My themes of the last few years have been faith, compassion, and acceptance. I feel a major initiatory step will approach once I complete the move, and show absolute faith that I am accepted by the universe, and that the universe has compassion for me.

149. Intention

February 26, 2011

Where intention goes, energy flows.

150. Space Clearing

February 12, 2011

Yesterday morning as I drove to work I saw a van that drove by, with the word "Hatred" written in large letters on the back window, and with the license plate ending in 666. I thought to myself- I will not judge and prayed their forgiveness.

Last night I had a tour of tunnels under Bamberg. They were originally for mining, then they were filled with winter ice, and became beer/wine coolers and other food refrigerators for during the year (before the refrigerator), then they became factories underground and air raid shelters during WWII. During the tour, the tour guide talked about how 54 people were working underground one day, when a bomb landed above the tunnel and collapsed it, killing all of them instantly. Suddenly I saw a blue-white colored shape drift into my third eye, and it began to form the shape of a person. I called quickly for Archangel Michael's protection, and then I didn't see it anymore.

Later, as the tour ended, there was the area (now sealed off), where they all died. A cross was placed in their memory. Then we exited the tour, and I realized the beginning of the tour was exactly adjacent to the place where the cross was. I was being contacted! I prayed that Archangel Michael brings all those who passed, into the Light, and visualized the Souls being escorted from the place they passed, into White Light. Archangel Michael said "Do not worry, it is done," and placed his blue sword into the stone floor, as blue spirals of Light emanated from it. Then he smiled at me and faded away.

I often find that I offer spiritual cleanup for the Earth, especially in trauma areas. I do this as service for all. No one wants ghosts hanging around, it's not good for those incarnated, or for those who have passed. Thankfully, I have the ability to communicate telepathically, and see the other planes with my third eye, and have the connections to Spirit, to help bridge the realms. Angels wait for the call for help, but the ghosts are many times stuck, and unaware they can call, and most incarnated people don't call.

Namaste,

Chris

151. The Choice

February 11, 2011

We should not try to understand evil. It just IS. It just exists. There is no need to open the door. These beings exist due to our Free Will, and our choices. Some of our beings, out of Free Will, have chosen to create evil with its fear over Love, and created these things. But it doesn't have to continue like this. We can choose for Love, or fear but cannot choose both. We can create Love and be in harmony in the present moment. May all choose Love, and be in peace, in Oneness and Love throughout eternity.

152. Service to Others or Service to Self

Feb 1, 2011

We exist in a Love/Free Will environment in this density and section of the Universe.

Due to this, there will always be choices, polarities, dualities, different sides of the same "coin" of Creator expression.

There are two paths that emerge:

Service to Others, positive- Love with Free Will.

Service to Self, negative- Free Will over Love.

These are the hallmarks of each- One is giving, one is taking. One is loving, one is hating. One is open to possibilities, the other is limiting through control.

In my humble five years, since my decision to get off the fence, and chose a path consciously, I have seen 99% Service to Others inclined, and 1% Service to Self inclined. Service to Self requires immense control of the will and self, over the natural flow of Love, and it is a path most do not take. Many exist and still exist as fence sitters, but the vast majority are Service to Others.

I have never met any pure Service to Self in person (negative polarity master), most people are just stuck in beliefs, perceptions, and judgments that make them appear selfish. I have seen some inclinations of some negative polarity masters via the internet, or perceptions via certain news. For example, certain dictators, such as Robert Mugabe, let the people starve to death, and die of disease, while he lived in luxury. I think there are reasons the Service to Self masters are so few and far between, because it is not natural to block Love.

Namaste,

Chris

P.S. Loving your self does not mean service to self, if you also Love others. It is okay to pamper yourself with Love. Willing and controlling against all forms of Love is service to self.

Here is a great quote to end this entry:

"I was astonished to find that there was no evil in any Soul. People may do terrible things out of ignorance and lack, but no Soul is evil. What all people seek, what sustains them, is Love, the Light told me. What distorts people is a LACK of LOVE."

- Mellen-Thomas Benedict, an artist who survived a near-death experience in 1982.

153. Brightest blessings for the New Year

December 31, 2010

Dear Beloved Love/Light Beings,

May you all be blessed with a 2011 full of unlimited love, unlimited light, infinite and eternal blessings, the direct path to All That Is, and the meeting of the Creator in Oneness and Love. As we are well into the Definition, as the Awakening as One trilogy suggests, know that this illusion is illusion which constantly changes and Earth things are born and die every day. But your Love carries on. While things may fall apart around you, the smile and the kind words and other gifts you give universally to all during the chaos will be your stability and support. What you give shall always return to you, maybe not today or tomorrow, but it will return. It never fails. The universe always balances itself.

As you create in your reality, you send out a ripple. The ripple goes around, and then comes right back to you, with greater force. The faith in the Creator's Love, regardless of circumstance, and gratitude for the Love you receive, will strengthen you. The challenges which appear to be your whole reality (or should I say 3D illusion) falling apart, are actually opportunities for growth and transformation, bringing you closer to 4th density and 5D and beyond. Be thankful for the opportunities to be of service. Providing Love to all beings in service to all, is your direct path through the fog of this illusion, and what will support you as you transition from third density, to fourth density, and beyond.

Thank you for being All That Is for all of us. You are each infinite sparks of All That Is, and Infinite Loving Beings, acting in a Free Will, veiled mind, and physical illusion play, to gather additional experience for the Creator, and you are loved for all the service you provide to all beings, which provides service to the Creator in return. See the Creator in others, and you will see the Creator in yourself, and then you will serve and be whole again.

Blessings to all,

Chris (aka Qan Melchizedek)

154. Stepping into Purity

October 16, 2010

A year ago, there was a vision. I was entering Golden Gates into a white light heavenly place. There were great numbers of white and purple robed beings, all standing and clapping as I entered. A celebration had begun. I recognized this as Shamballa. It was a place of joy and purity.

I longed to experience the moment again.

Recently, exactly one year and one month following the vision, I was working in my day job, and created many awards for volunteers in my organization, for all the sacrifices and selfless service they provided to support each other through hard times. It was natural to create the awards, because it was an act of loving service. After all 22 people were recognized at the awards presentation, suddenly surprising me, and quite unexpectedly, my boss turned around, and said it was my idea to create the awards, and provide the awards to the volunteers. I am a humble person, and naturally love helping others behind the scenes. This was very surprising to me. Suddenly, the group stood and clapped all around me, thanking me for everything. I was so shocked and didn't know what to say except...."Thank you. You all are great."

Suddenly, I recognized this image of the audience in my 3D experience, matched the 5D view I had a year earlier on the inner planes. The location was Earth and not Shamballa, but the group's actions were the same.

What does this mean? Is heaven here on Earth now, some just haven't "realized" it? Is this a sign that 5D is merging and manifesting within 3D now? Has anyone else had experiences in waking life, that matched visions from the inner planes/other dimensions viewed earlier?

This felt as a completion moment for me, and thanks go to All That Is for every opportunity to be of Great Universal Loving Service to All Beings.

155. Healing, Energy, Ascension, Chakras, the Ego and Unconditional Love

September 2, 2010

Spiritual healing is not needed for Ascension, but it does help clear the path for Ascension by removing blockages between the body, mind and spirit.

Energy work brings the imbalances, the karmic knots, to awareness.

At first, egos are suppressed. As one continues on the path of unconditional loving service, the egos lose grip more and more, and eventually rarely need suppression, because they no longer are heard. Ego still exists (I do encounter ego sometimes still), because it is a part of the mind while in incarnation. But when the focus continues to be of service to all beings because all are Sparks of Light, the ego can't be heard. Ego is related to separation, individual differences. When you see through the eyes of collective Unity and the Spirit in all, the perspective shifts away from the ego. Gratitude for Blessings, Faith, and Unconditional Universal Loving Service...these are keys to focus on.

The focus is not the ego then. As you focus more on Love and balance the chakras doing it…Have Love for the roots to supply nourishment for your

loving service, Love for relationships to affect more people with your service, Love for will to burn through lack of motivation and enter active loving service, Love for loving all beings, including yourself, just how you are, Love for being divine expression and speaking the truth, Love for divine inspiration and all dimensions and densities, and finally Love for all and yourself, as a whole being of the Creator, loving all of the Creator's creation, because we are all One...this focus allows for more Love and Light, and automatically begins initiations (infusions of more Light), leading to wholeness.

Ascension is the balance of all 6 chakras, thus activating the 7th crown chakra to the level the Creator has established for 4th density of Love and Understanding. All chakras activated in perfect unison/unity, makes the whole in unity.

The goal through all external separative factors, is to see the Love/Light in all of Creation. It does exist, for some it is just lost. Some are not aware of it. All have it. When you see others as Spirit within, you easily enjoy serving their Spirit which is your Spirit and the Creator's Spirit- we are all One. When the external environment is difficult, and full of fear, judgment, separation- find the Love within you- embrace it, fill your chalice as some would say, use that to recharge your heart, and continue to give from the heart (and respect Free Will- ask first if it is ok to help).

Yesterday, I was driving home and saw two people walking from the food store, back to their buildings. They were burdened with groceries. I opened my car window, and asked if they wanted a ride to their buildings. I was going to drive that way anyway. They said yes and were thankful.

Today, I was blessed with a job interview for a promotion at work. If I am offered the position, it would be great to keep serving others, and keep the roots growing (which makes a bigger tree, and more light for the crown if one is balanced). I did the interview preparation work, and prayed to Archangel Michael for protection for my highest good. Do all that you can physically, and then pray- balance. Saw license plate AA M 7895 on the way home. Good confirmation of protection. Also saw a smile in the clouds as the masters watched me.

Today I saved a slow car, that pulled out in front of a very fast one, on the autobahn. The fast car apparently didn't see the other car. I visually put the Cho Ku Rei symbol on both vehicles, and surrounded each with a blue pillar of protective fire, and then called to Archangel Michael for protection. They almost hit each other at 140 kph (70 mph), but...they didn't. Thanks to Archangel Michael and Love and Light.

Was grateful today to the Creator for the opportunity to be in incarnation, to serve others in Love and Light.

May you all be blessed.

156. Buddha's Teachings

August 29, 2010

Buddha set forth his teaching in the following doctrine.

The Four Noble Truths:

1. All things and experiences are marked by suffering/ disharmony/ frustration (dukkha)

2. The arising of suffering/ disharmony/ frustration comes from desire/ craving/ clinging.

3. To achieve the cessation/ end of suffering/ disharmony/ frustration, let go of desire/ craving/ clinging.

4. The way to achieve that cessation of suffering/ disharmony/ frustration, is walking the Eightfold Path.

The eightfold path to the cessation of suffering:

1. Right Understanding of the following facts: the truth about suffering ... (The Four Truths); everything is impermanent and changes; there is no separate individual self- this is an illusion. (We are One!)

2. Right Determination to: give up what is wrong and evil; undertake what is good; abandon thoughts that have to do with bringing suffering to any conscious being; cultivate thoughts that are of loving kindness, that are based on caring for others' suffering, and sympathetic joy in others' happiness.

3. Right Speech: Abstain from telling lies. Abstain from talk that brings harm or discredit to others (such as backbiting or slander) or talk that creates hatred or disharmony between individuals and groups. Abstain from harsh, rude, impolite, malicious, or abusive language. Abstain from idle, useless, and foolish babble and gossip. Abstain from recrimination and negative statements. Abstain from harsh speech—practice kindly speech. Abstain from frivolous speech—practice meaningful speech. Abstain from slanderous speech—practice harmonious speech. Speak the truth if it is useful and timely. Practice only necessary speech. Let your speech be filled with loving kindness. Speak that which alleviates suffering.

4. Right Action: Peaceful, honorable conduct; abstain from dishonest dealings; take concrete steps necessary to foster what is good. Do things that are moral, honest, and alleviate suffering. Do not do things that will bring suffering to others or yourself.

5. Right Livelihood: Abstain from making your living from an occupation that brings harm and suffering to humans or animals, or diminish their wellbeing. This includes: activities that directly harm conscious beings, and activities

that indirectly harm sentient beings, e.g., making weapons or poisons.

6. Right Effort: Foster good and prevent evil; Work on yourself—be engaged in appropriate self-improvement. The essence of right effort is that everything must be done with a sense of proper balance that fits the situation. Effort should be properly balanced between trying too hard and not trying hard enough. For example, strike the balance between excessive fasting and over-indulgence in food. Trying hard to progress too rapidly gets poor results, as does not trying hard enough.

7. Right Mindfulness or wakefulness: Foster right attention. Avoid whatever clouds our mental awareness (e.g., drugs). Systematically and intentionally develop awareness.

8. Right Concentration: Developed by practicing meditation and/or mental focusing. Proper meditation must be done continuously while awake, and should include work on awareness of body, emotions, thought, and mind objects.

Five basic precepts:

1. Abstain from killing living beings (from destroying/taking life)—or practice love.

2. Abstain from taking the not-given (from stealing)—or practice generosity, practice giving.

3. Abstain from sexual misconduct—or practice contentment.

4. Abstain from false speech (from lying)—or practice truthfulness.

5. Abstain from taking intoxicating drinks—or practice awareness and mental clarity.

Buddha said:

"Do not believe in anything simply because you have heard it. Do not believe in traditions because they have been handed down for many generations. Do not believe anything because it is spoken and rumored by many. Do not believe in anything because it is written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and the benefit of one and all, then accept it and live up to it."

The following prose, attributed to Buddha, is a poetic expression of the way he saw the world.

Buddha said:

"I consider the positions of kings and rulers as that of dust motes.

I observe treasures of gold and gems as so many bricks and pebbles.

I look upon the finest silken robes as tattered rags.

I see myriad worlds of the universe as small seeds of fruit, and the greatest lake in India as a drop of oil upon my foot.

I perceive the teachings of the world as the illusions of magicians.

I discern the highest conception of emancipation as a golden brocade in a dream, and view the holy path of the illuminated ones as flowers appearing in one's eyes.

I see meditation as a pillar of a mountain, nirvana as a nightmare of daytime.

I look upon the judgments of right and wrong as the serpentine dance of a dragon, and the rise and fall of belief as traces left by the four seasons."

157. Some thoughts

August 17, 2010

First, I wanted to share today actions performed in service, which helped reinforce the Law of One. Someone was driving around with a car license plate half off. They needed screws. I had extra screws in my wallet, from when I changed license plates a while back. I asked him if he would like screws (Free Will), and he said yes, he would love some. I provided him free screws, and it felt good to give. I described to him how the license plate gets re-attached. This was an act of Love. Both Free Will and Love in harmonic balance.

Later today, there was a speed camera zone (a speed trap), set up. I warned drivers by flashing my lights, before they entered the zone, saving them a big ticket. Another act of Love. Free Will was assumed here, as it was an emergency situation, where I could not ask. The same would go with healing a person in a coma (although I would ask the person's Higher Self first).

I saw them as the other self, and I saw them as me. We were together in it, and it was easy to give to the other self which was myself. Also, I decided to donate to bring4th.org the other day, and was instantly paid back the money spent when Lulu's sales came in. What I gave, instantly returned. The balance of the universe. The same thing happened the other day when I gave to one family member via a money transfer, I got the same money back from another family member via the mail without asking- the same day!

Okay now my wisdom thoughts (Law of One):

The Law of One has 3 basic tenets: Unity/Oneness with Creation, Respect of Free Will, and Unconditional Universal Love.

Some more additions: Being accepting (saying thank you, happy to receive, happiness with what you have, happiness with who you are) and being generous (happy to give, happy to share, happy to be of service) attracts abundance.

Stay balanced in all bodies and all planes: If your car needs repair, fix it (work on the physical plane because it keeps your root chakra unblocked, so more energy can flow from root back up to all chakras- think of the trees blog I posted). If you are sad/depressed/angry, work on your emotions. Find the inner child. Love the inner child. Be forgiving of yourself and of others. You unblock the root, sacral, solar plexus, and heart this way.

No one chakra is more important, but to get the fruit harvest, you need to have a strong tree, so each step of the way is important.

Prayer and Faith- Commune with God/Creator. Have faith you are 100% protected and loved. Pray for blessings. Be grateful for blessings. Keep the love circuit going.

Devotion to Service to Others Polarity- Vow to the Creator. Devote to the Creator. Offer to the Creator yourself as an Instrument of the Creator's Will. You are a vessel of the Creator. All things are possible when you believe.

Perseverance/Will/Focus/Attention to Detail- Walk the narrow path and you will receive what you walk in return, blessings you earned.

158. Metatron is my master guide

August 17, 2010

Did I ever tell you my 5D Master is Saint Germain or Master Kuthumi (I have awareness), my 6D Master is the Lord of Sirius and Lord of Pleiades in the University of Sirius and Pleaides (I have less awareness), my 7D Master is Lord Melchizedek (even less awareness), my 8D Master is the Cosmic Council of 12/Mahatma (only fragments of knowledge), and my 9D Master is Archangel Metatron (even less fragments). The veil is keeping me mostly between 6D (Ra level), and 7D (Melchizedek level) right now. On very occasional moments do I pierce the veil higher than 7D, usually at initiations.

But anyway, Metatron is one of the paths I take toward the Creator, and I am certain Enoch/Metatron is over-lighting me, which would explain the mix of writing, wisdom and magic.

http://en.wikipedia.org/wiki/Enoch

Metatron is also mentioned in the Pseudepigrapha, most prominently in the Hebrew/Merkabah Book of Enoch, also called 3 Enoch or Sefer Hekhalot (Book of [the Heavenly] Palaces). The book describes the link between Enoch, son of Jared (great grandfather of Noah), and his transformation into

the Angel Metatron.

159. The Meaning of Numbers

August 13, 2010

My interpretation:

1111 opening of a new portal, unity

2222 middle of the process in a portal, duality

3333 decision to be made, trinity

4444 resurrection/rebirth, divine support

5555 Christ consciousness, transformation

6666 focus on the physical plane

7777 integration of mind/body/spirit

8888 infinity

9999 completion, divinity

1010 creation

1212 completion of a portal

160. Story about a Hitchhiker

August 13, 2010

Picked up a hitchhiker today. Drove by the harmless old man the first time, as I gave into fear, and remembered movie-formed beliefs of hitchhikers carrying guns and carjacking. Then realized I wasn't driving near the prison, I was driving between two villages. The man was walking with a shopping bag with farmer fields in the background. So, I prayed to Archangel Michael for protection, and decided to lean on faith, exercising the Law of One, as I imagined myself walking with resentment another 3 km as cars passed by.

Giving into faith and accepting him as One with me, I turned around and picked him up, and dropped him off in the town I was headed to anyway. He only wanted to go to the store, and didn't have a car. Poor guy walked 3 km, and had another 3 km to the next town. No one picked him up, because they were not aware, or they were stuck in their own self, or they gave into fear formed by beliefs formed from movies, TV, and childhood. Ask and ye shall receive. It was a subtle test (they almost always are), but it brought me satisfaction, that I was loving, and was faithful to the Law of One, and had faith in the Creator's Love, and was able to help the other self in the time of

need.

161. Life's Lessons

August 13, 2010

Anger and resentment are two of my lessons in life. Anger was caused by a lack of faith, and resentment caused by a lack of satisfaction. Faith and Satisfaction (acceptance) open the inner heart, and open the flow of energy to the upper chakras.

Anger is a disturbance that often sparks due to discomfort. It comes from feeling un-grounded and off-center. It comes from an overwhelming imbalance. Anger is a form of emotional communication, an energy that is powerful, but is best channeled into pursuits involving energy, such as sports, dancing, music, etc. Anger is caused by an imbalance of the root chakra, sometimes sacral chakra. It is an instinctual survival response (root chakra). Or, it may be sparked by relationships with others, or our relationship with our self (sacral chakra).

The solution to anger is to find the heart, listen to the heart, express from the heart, and Love dissolves anger. To listen to the heart, one has to know they are not alone. One finds faith. Faith that you are protected and that you are loved always. Faith opens the heart, which unifies and dissolves first and second chakra blockages. The energy that was translated into anger by the lower chakras still remains, and that is best transmuted into physical activity, to heal the physical imbalance, and music to heal the emotional imbalance.

162. We are like Trees

August 13, 2010

Some guidance about 'evolution' and 'Ascension'.

We are like trees as my friend Alvin once told me and Carla Rueckert's book confirmed. Our roots need nourishment and then we expand.

Now think of chakras- the Earth feeds nourishment/energy to the root, which feeds to the second sacral chakra of relationships (the stem/leaves), which feeds to the third chakra of will (the flower bud), which feeds the flower of the heart (love- flower opening), which feeds the throat of expression (the beginning of fruit), which feeds the third eye (the fruit growing), and which feeds the unity of the crown (the fruit is ready for harvest from the tree).

Each chakra, each need of each chakra is important. Not one more than the other. Each step of the way is needed for perfection. To get the most fruit from a tree you need big roots, big stems, lots of flowers, and thus lots of

healthy fruit. Keep focus on all the chakras. Your basic needs of the body are as important as meditation. The law of the universe is balance. Balance Free Will, Universal Love, and Unity of all creation, and you have just witnessed the Creator within you.

Balance the flow of energy and nourishment throughout each chakra, and you will feel the harvest approaching.

163. Vow to the Creator

August 13, 2010

I have decided to take an even narrower path, or focus of consciousness:

Last night I made a vow to the Creator that I would stay in Service to Others despite the catalyst.

A re-affirming of focus and creation.

This vow is a personal vow to the Creator. It comes from your heart. All I ask is that each of you (due to Free Will), when the time is right and when you wish, also make personal vows to the Creator to be of Service to Others despite the catalyst (a catalyst may be generally summarized as a testing of your devotion to the Law of One).

Remember this quote as you encounter situations in life that test you- "In the middle of difficulty lies opportunity." ~Albert Einstein

Our future appears to me from my perspective, as a forming of groups on the physical plane, merging with the counterparts of the astral/inner planes, and forming an alliance expressing the Law of One through all space and time, and time and space. The unification of the whole.

For more wisdom read Chris Comish's blog at

https://ccomish.blogspot.com

Chapter 2- Invocation and Meditation for the Archangels

The Heart (Love) is the key to leaving the matrix of separation and entering the Unity of God.

- My Higher Self

I now invoke the mighty Archangel Michael to stand at my right hand side. I ask him to pour courage and strength into me and bring about positive results to my endeavors. I now request that he cut all my negative cords and attachments with his sword. I ask that the deep blue cloak of protection is placed over me so that only that which is of the highest and purest light may enter my aura.

Pause for a moment so that Archangel Michael can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Gabriel to stand at my left hand side in his pure white ray. I ask that he pours his pure white energy into my aura and brings me guidance about my next step or my pathway. I ask that the symbols of my life's mission be illuminated and activated now. Please bring joy, grace, clarity, understanding, generosity and order into my life.

Pause for a moment so that Archangel Gabriel can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Uriel to stand in front of me and fill my aura with his purple and gold ray of wisdom and peace. Help me to soothe all conflict in my life and replace it with serenity, brotherhood and sisterhood. Please break my mental and emotional chains and free me from all my fears.

Pause for a moment so that Archangel Uriel can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Raphael of the emerald ray to stand behind me. I ask that he pour healing and abundance into me. I ask for protection on my journeys and that I be impressed with justice, truth and vision.

Pause for a moment so that Archangel Raphael can complete this work and can communicate anything he wishes to.

I now invoke the mighty Archangel Chamuel of the pink ray to expand the flame of love in my heart. Please help me to find compassion and forgiveness for myself and for everyone I have ever harmed knowingly or unknowingly. I ask that my heart be opened at a personal and cosmic level.

Pause for a moment so that Archangel Chamuel can complete this work and

can communicate anything he wishes to.

I now invoke the mighty Archangel Jophiel to pour the golden light of wisdom and illumination onto me through my crown center. I ask that his wisdom light up and inspire my mind, helping me to learn and teach at the highest level. I ask that the symbols of wisdom I have accumulated throughout my lifetimes be lit up and activated now.

Pause for a moment so that Archangel Jophiel can complete this work and can communicate with you if he wishes to.

I now invoke the mighty Archangel Zadkiel of the violet ray of mercy, joy and transmutation to pour the violet flame into my aura. I ask for all my negativity to be released and dissolved and replaced with joy, diplomacy and tolerance.

Pause for a moment so that Archangel Zadkiel can complete this work and can communicate with you if he wishes to.

Your aura is now filled with the energy of the Archangels and you are connected to your mighty I AM presence. You are blessed.

A channeled meditation by Diana Cooper.

https://www.dianacooper.com

Chapter 3- Prayers and Meditations

Love is the glue of the universe. Through acts of Love we attract our Spirit. May we realize that We are all One.

- My Higher Self

This chapter is a collection of prayers and meditations I have used in the past. They are powerful tools to help you connect to the Divinity within.

The Soul Mantra, from the works of Alice Bailey and Djwhal Khul (say three times)

I AM the Soul

I AM the Light Divine

I AM Love

I AM Will

I AM Fixed Design

The Monadic Mantra, from the works of Alice Bailey and Djwhal Khul (say three times)

I AM the Monad

I AM the Light Divine

I AM Love

I AM Will

I AM Fixed Design

Now as you say each mantra, place your hands on your temples, and create a triangle with your eighth chakra (soul star- above your head), and your two temples. Visualize the triangle in radiant white light. Visualize a radiant star above your head. Watch the star descend into your crown chakra, and slowly move it down, through all chakras, into the center of the Earth. Then, let the white star ascend, from the center of the Earth, back up, through your chakras, back to the soul star, above your head. There may be changes in breathing, and eye flickering, as the portal to the upper planes manifests.

The Great Invocation, from the works of Alice Bailey and Djwhal Khul

From the point of Light within the mind of God,
Let Light stream forth into the minds of men.
Let Light descend on Earth.
From the point of Love within the heart of God,
Let Love stream forth into the hearts of men.
May Christ return to Earth.
From the center where the will of God is known,
Let the purpose guide the little wills of men.
The purpose which the masters know and serve.
From the center which we call the race of men,
Let the plan of Love and Light work out,
And may it seal the door where evil dwells,
Let Light and Love and Power restore the plan on Earth.
God's Will be done.
Amen.

A personal prayer to God

Thank you God for all blessings love and forgiveness.
I owe my Soul to you.
You saved my life from harm,
And continued to bless me with your Life,
Your Love,
Your Forgiveness.
Be forever by me God,
And I stand forever by you God,
To do Your Divine Will,
For now and Eternity,
In the name of Love,
In the name of God.
Amen.

The Ultimate Ascension Meditation, from the works of Dr. Joshua David Stone

Melchizedek, Lenduce, Vywamus, Sanat Kumara, Djwhal Khul, Kuthumi, Lord Maitreya, Arcturians, Metatron, Mahatma:

I (name), hereby call forth a triple Ascension seat activation of the Golden Chamber of Melchizedek, Lenduce's Ashram, and Shamballa in conjunction with the Arcturians and Lord Metatron.

I call forth a full anchoring and activation of the three hundred fifty-two levels of the Mahatma,

all fire letters and key codes,

the Microtron, axiatonal alignment,

brain illumination, Light quotient building, seventh degree activation, teleportation activity, mayavarupa energization, thirty-sixth chakra actualization in the crown chakra, full antahkarana merger with the Ascension column, chakra balancing and strengthening, physicalization of the twelve strands of DNA, seventh degree completion merger, the twelve Christed universes, the opening of all chakra chambers and facets, Light packets from the Great White Lodge on Sirius,

The anchoring of the Cosmic Heart,

The anchoring of the twelve bodies of Light,

The anchoring of the twelve cosmic stations,

The opening of the alpha and omega chakras,

The opening of the Ascension chakra,

The merger of the Greater Flame with the lesser flame, And Ascension activation and blessings from the twelve mighty Elohim and twelve mighty Archangels so I may be of greater service.

Amen.

After all the energies are anchored, call forth from your Mighty I AM Presence your double merkabah. Call to your Mighty I AM Presence to spin the inner merkabah to the right and the outer merkabah to spin to the left. Remember to breathe while doing this. Ask that your Mighty I AM Presence spin the merkabahs, to stabilize, and solidify, all the energies you have called forth, and anchored.

Note- Please read Dr. Joshua David Stone's books for more information about The Ultimate Ascension Meditation, as well as many other Ascension Meditations. Some of his books are listed in the Bibliography section of this book.

About Dr. Joshua David Stone

Dr. Joshua David Stone, the founder of the I AM University, was one of the most influential Spiritual teachers, leaders and forerunners of our time. He had a Ph.D. in Transpersonal Psychology and was a licensed Marriage, Family and Child Counselor in California, USA. He made his mark in the Consciousness Community as a prolific writer, and introduced inspired ideas such as striving for “integrated full spectrum prism consciousness,” to unfold, and reveal, the fullness of our Divine Potential, and transcending the negative ego mind, as a requirement to realize our Divine Self. He was a pioneer in the field of Spiritual psychology, and authored the concept of integrated Ascension, as well as the noble ideal of striving to become an Integrated Ascended (Enlightened) Master, both terms which he coined, to stress the importance of mastering, and integrating, the Spiritual, psychological, and physical/Earthly aspects of self, to follow an integrated, and balanced approach to Self-Realization.

Source of Dr. Joshua David Stone's biography:

https://www.iamuniversity.org/author/dr-joshua-david-stone/

Contacting the Afterlife and Other Realms, my method

Lie down or sit comfortably. Enter into Reiki energy for the purpose of contacting (name of spirit). You are performing a self-healing and awaiting contact. As the energy raises your vibrations, you will begin to see with your mind's eye. You will see the being or place you asked to connect to. If you contacted a being, they will begin to speak to you telepathically. Ask questions, then write everything down. Using energies you will be able to access up to the Ninth dimension.

Contacting the Afterlife and Other Realms, my experience using the techniques from the works of Steve Murray

Not everyone needs to channel the after-life or other realms. Most seek closing or information. Only your heart knows what to do.

ADVICE- only ask to contact a specific person or being that is for your highest and greatest good. Ask that Archangel Michael and your guardian angels or spirit guides, protect you from all harm and ill will during the contact, and help you with understanding the information during the contact. If you follow these words, you will not be harmed, and you will learn something from the contact.

Before you start any spiritual connections, you should open your spiritual portal. You only have to do it once, because after that, you will open and close it each time, during a session, by touching your hand to your forehead.

Allow 10-15 minutes for the process. To open it, get in a meditative state for 5 minutes, then state the following prayer. Then, meditate on the words for another 5 minutes. You will then be attuned, for opening and closing your spiritual portal.

Prayer to open your portal (done only once): "I ask that my spiritual portal be cleared and opened for spiritual connections for my highest good. That this expanding and opening of my spiritual portal, only allows spirits for my highest good to come forth. I ask that I will be guided and protected during my spiritual contact, and have contact only with spirits that I seek for information, and guidance. That I receive this information with clarity and understanding, in a form I can understand. I ask that this spiritual portal be open each time I touch my forehead with my right hand, before spiritual contact, and for the portal to be closed, when I touch my forehead again with my right hand, after the contact is over. So it is."

Prayer to contact spirits (done every time afterwards): After initial opening of spiritual portal, this can always be done. Get in a meditative state. Intend to contact (name of spirit). Ask your source, God, higher power or whatever your belief, for your protection and wellbeing during the session. Ask for a white or a golden healing light to surround you and fill the room. Ask for wisdom and guidance throughout this session. Ask that this session will only be for your highest good. Touch your forehead with the right hand to open the portal. Await contact. You may feel cool temperature, energy flooding over you, and see something in your mind's eye. This is the contact. Spirits often talk telepathically. Listen and ask questions. When done, give thanks to the spirit. When finished, touch your forehead with the right hand again, to close the contact. Write everything down and ground yourself.

Once contact is made initially, it will be easier to contact the other side again. It will also be easier for them to contact you.

What proof is there that this works? Here is my experience.

I was contacted by someone I knew who died in a car crash in 2005. She needed help along her spiritual journey. The contact was via my mind’s eye. More proof to me that we don't really die. Our Earth bodies die, but we move to another realm, accessed via the mind’s eye, and the heart. She appeared in her Earth body shape, but the face was the most clear, the rest was kind of apparition-like. It was a positive contact. My mind always thinks after-life contact is scary, and so does my body, but my heart knows the truth. It was actually a very positive experience, because we had a positive experience in

life before she died. It is the same conversation, the same personality, the same memories, just different dimensions. I sent her Reiki to assist her, and the Reiki flowed! Reiki and telepathic contact (prayer/meditation initiate this), both exist in our realm, and the other realms. They are all different vibrations of light. Light exists everywhere in the macrocosm and the microcosm.

When people pass over they only lose their bodies, everything else is intact. If they liked you in life, they like you on the other side. If they didn't like you, they still don't like you (but through forgiveness Higher Powers can intercede and protect you). That is why it is so important to make amends in life, and forgive as much as possible. You can change emotions/thoughts better on Earth. As a body, you are more than just emotions/thoughts. Without a body, that's a lot of what you are.

Death/Dying purification ritual

Say "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha," vibrating the mantra three times. Imagine Buddha floating over the crown chakra of the dying or dead person.

Imagine Buddha becoming seven Buddhas floating over their crown. From bottom to top, they are: Buddha of Signs, Sound, Gold, Glory, Ocean, Light, and Medicine.

State each Buddha name seven times and imagine them dropping nectar of purity onto the person. After stating each name seven times, the Buddha dissolves into the Buddha above. The cycle continues until all Buddhas have dissolved and the nectar of purification dissolves into the person.

Imagine Buddha extending hooks from his heart into the person's hara chakra (under belly button). The hooks pull the person into Buddha's heart. Chant the mantra another three times: "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha." This prevents them from being reborn in the lower realms. Give thanks to Buddha.

Then invoke Quan Yin, the Goddess of Compassion to spread compassion on the person. Say, "Namo Quan She Yin Pu'sa" three times. Imagine rays of love emanating from Quan Yin to the person, bathing them in the Love of God. The person is now purified. Give thanks to Quan Yin.

Note: This ritual is adapted from the original Medicine Buddha ritual found in the Medicine Buddha Reiki Manual by Stephen Comee.

Chapter 4- Wisdom- A Collection of Additional Teachings

As One reaches the Buddhic plane of Consciousness, Oneness is Experienced.

- My Higher Self

Here is a collection of my teachings. Enjoy!

How can Reiki or other energies help me?

What is Reiki?

Reiki (pronounced ray-key) is Japanese for Universal Life Energy. Reiki exists in and around us. A Reiki healer is able to tap into this limitless energy, for the purpose of bringing others back into wholeness and balance. Reiki can also be sent to heal situations in the past, present, or future. Reiki protects you from harm.

You may use Reiki or other energies as you are guided.

These are some of the ways I use Reiki or other energies-

Use for power and protection. I like to add Cho Ku Rei with a triple swirl of blue light of Archangel Michael's protection on all people, cars, and buildings, to protect each, for their highest and greatest good.

Heal a situation. Examples- War in Ukraine, Fires, Floods, Hurricanes, Earthquakes, Volcanoes, Tsunamis, Political Unrest, and Economic Distress, etc. Send Reiki or other energies for world peace. Or individually- heal a relationship, heal finances, and heal job, etc.

Heal self or others- you can do hands on healing, or distant healing. Distant healing involves the visualization of the Higher Self of the recipient, or a picture of them, or a name and location.

Heal the world- send Reiki or other energies into the grid of the Earth. Accelerate the Ascension of humanity.

Heal the afterlife- Send Reiki or other energies to the other side of the veil, to help a loved one cross over.

Use Reiki or other energies in attunements or healing sessions- Create a chi ball to hold the attunement or healing session, and send it to the Higher Self of the recipient. Ask the recipient to call in the attunement or healing session, when they are ready.

Use Reiki during meditation sessions to view the Akashic Records, or to connect to your Higher Self, or to the Ascended Masters, and Angels, or to the higher realms. The energy serves as a medium to transport your

consciousness.

That is how Reiki and other energies can help you. I see you all and I'm here for you all. Thank you all of you from the bottom of my heart for all that you do. You are truly appreciated as you spread the Love and Light around the planet. I love you all. God bless you all.

In Loving Service. Namaste.

My Reiki story

This is about how I got into Reiki and other energies. This is my spiritual background.

During the years of 1996-2006, I went through an identity crisis. Although I was raised as a Protestant, I had trouble finding Spirit. I could only access the physical, emotional, and mental bodies. I prayed, I went to church, but I had trouble understanding Spirit. So I prayed for the wisdom to get to know Spirit. I never understood the Holy Spirit in the Bible, and wanted to know the Holy Spirit. I read in the book of Acts about laying on hands. Acts 8:17- "Then Peter and John placed their hands on them, and they received the Holy Spirit." I looked up laying on hands in 2006, and went for a Reiki massage at Radiance Herbs and Massage in Olympia, Washington. I could not believe that I felt energy flowing through my body, coming from another's hands. I was convinced Reiki was an aspect of the Holy Spirit, since it aligned with the Book of Acts' mention of laying on hands. After that, I began awakening to Spirit.

In 2007, I began to receive distant attunements from Steve Murray via his DVD videos. I became a Reiki Master in 2007, with gratitude to Steve Murray for his powerful attunements. Steve Murray taught me that Reiki attunements could be received distantly. Check out his website at https://healingreiki.com. Then, later in 2007-2008, I received various distant attunements online from Kathy McConnell, and learned about the chi ball method, the call in method, from Tami MacDowell at Healings of the Heart.

Then I received attunements from Stephen Lovering (including Usui Reiki re-attunements). They were instant attunements. Many of the attunements were initially, from the founder of many of the systems- Ole Gabrielsen. Ole Gabrielsen, the founder of Kundalini Reiki and many Reiki modalities, has an online website for attunements, so check out his amazing attunements, which I believe he also uses chi balls, to provide attunements. It's at https://olegabrielsen.com.

Also in 2007, I became an Essene Healer under Dr. John F. Gilbert, and learned about Gnosticism, and the Tree of Life. In 2008, I was attuned to Lightarian Reiki and the Lightarian Rays. Visit https://www.lightarian.com to

learn about the Lightarian programs. All of these people (and organizations) I mentioned, are all fantastic spiritual mentors, and I highly recommend all of them to you. They are amazing people bringing Light to Earth.

In 2008, I began to channel Alpha Omega Healing, and share it with you. In 2009, I went through an Ascension experience, which I talk about in my books. In 2009, I started the City of Shamballa, as a spiritual community to share the Light with each other, and lift each other up. In 2010, I published my first book 45 Free Reiki Attunements. I also started my YouTube channel Oneness and Love.

I read the Complete Ascension Manual by Dr. Joshua David Stone, and learned about his Ascension meditations. You can follow Dr. Joshua David Stone's work by visiting https://www.iamuniversity.org.

I was active on the City of Shamballa through 2013, then took a break while dealing with some life challenges, until I became active in 2022 again, and published more books, such as the Path of Oneness, and made more videos.

In 2022, I ventured into Buddhism, Hinduism, and Theosophy to learn new perspectives on Spirit. In 2022, I also learned about the Gene Keys, I read Richard Rudd's book The Gene Keys: Embracing your Higher Purpose, and took the Gene Keys Golden Path program at https://genekeys.com. The Gene Keys are fantastic, and I highly recommend checking out his website.

Since my awakening in 2006, I've been receiving downloads from Spirit, and can feel my Kundalini rising, and my chakras activating, with pressure and heat.

I'm looking forward to the next phase of this journey, which includes upgrading the City of Shamballa website, to make it more mobile friendly, and to continuing to post wisdom, attunements, and healing sessions. I'm continuing to volunteer for the Distant Healing network. I also want to be more active in person, volunteering for charities, and being generous in whatever way I can. This is the school of Life on Earth, and the more we can lift each other up, the more impact we have on the world, and all of humanity.

Anyway, that is my spiritual background, thank you all of you, from the bottom of my heart, for all that you do. You are truly appreciated as you spread the Love and Light around the planet. I love you all. God bless you all.

In Loving Service. Namaste.

Challenges are Opportunities

Greetings. Namaste my brothers and sisters. This is a discussion of Challenges as Opportunities. If what I say resonates with you, great. If not, then let it fall away.

My goal is to be of service to the whole, and I'm sharing my perspective of Challenges being Opportunities, in hopes that this can be applied to your life.

This is my perspective.

Ra in the Law of One states: "The catalyst of experience works in order for the learn/teachings of this density to occur. However, if there is seen in the being a response, even if it is simply observed, the entity is still using the catalyst for learn/teaching. The end result is that the catalyst is no longer needed. Thus, this density is no longer needed. This is not indifference or objectivity, but a finely tuned compassion and love which sees all things as love. This seeing elicits no response due to catalytic reactions. Thus, the entity is now able to become Co-Creator of experiential occurrences."

Those are a lot of big words from Ra, to say that catalysts (we call them challenges), exist as opportunities.

The Qu'o says "The moment contains love," in its teachings.

Every single moment, contains choices to polarize toward service to others (Ra calls this the Confederation of the Law of One), or service to self (Ra calls this the Orion Group).

Let me illustrate some examples. My neighbor is in their yard. I see them, as I am also outside. A loving service to others response to the neighbor is to wave hello. A service to self-response is to ignore them, or yell at them.

Another example. There is a forest fire, or massive tornado, that is destroying a community. A service to others response is to pray, send Reiki for protection, gather food and water supplies for those displaced, and the first responders on the front lines, to volunteer for charities, and to open your home for displaced families, etc. A service to self-response to the catalyst, is to ignore those in need, call them suckers, and to think it wasn't me, so I don't care. Or, it may be their response to take advantage, and burglarize vacant homes, for valuables, or cause other crimes.

Another example. Being in the War in the Ukraine. A service to others response is to set up emergency shelters for the displaced, to offer medical care, and to offer food and water. To defend their homeland. To support those in need. A service to others person sees themselves as an instrument of the Creator, an instrument in service of the whole of humanity, to lift others up. A service to self-response is to continue to commit offensive violence against the people, and enslave the population to control them. A service to self-person sees people only as instruments, to meet their own ends.

Another example. A car accident. A service to others-response is to be a witness, to give medical care, and to call for an ambulance, etc. The response is, how can I help? A service to self-response, would be to ignore the scene, and say I'm glad it wasn't me, sucks to be them.

There are so many examples that could be discussed.

Every single challenge is an opportunity to polarize, for service to others, or service to self. The Zen Master Thick Nat Han said “We all have good and bad seeds inside of us, it depends on which seeds we water, that is what we grow and harvest.”

Often in the greatest times of stress, we polarize the greatest.

I'll give an example in history. Mother Teresa was on the streets of Calcutta, India lifting up the poorest of the poor. Jesus did similar service during his time on Earth. The service to others path sees only opportunities to serve another, which serves the Creator. Going into the most devastated areas, being around people in total misery, and lifting them up, that is how we heal our darkest shadows within. That is how we attract the most Light from the Creator, which is how we attract God's Grace to us. To forgive the unforgiveable. To love the unlovable.

On the service to others path, we show our true potentials for unconditional love and compassion, the hallmark for the next density of Oneness and Love, the next dimension we find ourselves in, on our ascending evolution.

With deepest gratitude to all of you my equal brothers and sisters. We are all on equal paths to the Creator. Shine on in your life experiences! Radiate! Be the love you want to see in the world. From my heart to yours, God bless you all, Namaste.

Oneness

Greetings. Namaste my brothers and sisters. This is a discussion of Oneness. If what I say resonates with you, great. If not, then let it fall away.

My goal is to be of service to the whole, and I'm sharing my perspective of Oneness, in hopes that it is beneficial, in applying to your life.

This is my perspective.

My first exploration into Oneness, was to understand the Golden Rule. The Golden Rule has been a guiding moral rule for ages.

It is based on the Divine Law of Oneness. The Law of Oneness states that everything, and everyone is connected. Everything we do has a ripple effect, which affects the collective. Life is the Many and the One, Life is Unity in Diversity. We are all One. Jesus the Christ talks about the Golden Rule, the Law of Oneness in Luke Chapter 6: Verses 31-38:

"Do unto others as you would have others do unto you. For if you love those who love you, what thanks do you receive? For even sinners love those who love them. And if you do good to those who do good to you, what thanks do you receive? For even sinners do the same. And if you lend to those from

whom you hope to receive, what thanks do you receive? Even sinners lend to sinners, to receive as much in return. But love your enemies, and do good, and lend, hoping for nothing in return. Then your reward will be great, and you will be the sons of the Highest. For He is kind to the unthankful and the evil. Be therefore merciful, even as your Father is merciful. Judge not, and you shall not be judged. Condemn not, and you will not be condemned. Forgive, and you shall be forgiven. Give, and it will be given to you: Good measure, pressed down, shaken together, and running over will men give unto you. For with the measure you use, it will be measured unto you."

If you do a search of the Golden Rule at Wikipedia, you will discover that every religion discusses the Golden Rule, which is based on the Divine Law of Oneness.

If you go to the website https://www.goodreads.com/quotes/tag/oneness you will see thousands of quotes about Oneness.

Oneness is truth, because we are cells in the body of Source, God, Our Creator. Here is a passage to support this comment, about being cells in the body of Source.

This passage is from Romans Chapter 12: Verses 3-8.

"For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully."

It is my perspective that Our Source is both beyond comprehension, and form, and also found within all creation, this is what makes Source infinite, both being no form, and also form. We are divine sparks of light in our hearts, and everyone, and everything around us, also has a divine spark of light within. Our sparks of light merge, into a unified field of Light, at the Oversoul, or Higher Self levels.

That is why judgment is harmful, because it leads us away from Oneness. We are all slices of the same Divine truth, we just have our own unique perspectives of the same truth. Be open to other perspectives. Listen to another without judgment. Remove gossip. Never talk bad about another, because like Neville Goddard says, we are all mirrors of each other. We reflect each other's qualities- positive and negative. Through looking into

another, we can see ourselves. If we talk bad about another, we are talking bad about ourselves. If we support another, we support ourselves. If we give another a healthy boundary, we are giving ourselves healthy boundaries. Why can others see you more clearly, than you can see yourself? It is because others are not veiled, through forgetting. Learn from each other, there is always something to learn from another.

See each other as equal Divine sparks of Light, equal beautiful souls, on our own unique journeys, back to the Creator. Remove all judgment of the five physical senses, or the mind, and filter your life experiences, through the heart. What is another sense organ that we have? Our hearts.

Use your heart as your primary sense organ, to perceive this dimension. The heart sees beyond the veil of forgetting. See all beings as brilliant sparks of Divine light. Honor your brother and sister. They are sacred just as you are. As your honor another, you honor yourself, and the Creator will honor you. That is why humility is important, because through humility, we honor the Creator. When another asks for help, then help them to the best of your ability. When you need help, then ask another for help. We all have unique talents, and abilities, that serve the whole. Let us help each other. Support another, through the vibration of love. See opportunities to serve another, and lift another up, and that spark of happiness or compassionate comfort you provide to another, will return back to you lifting yourself up.

In 2009, after understanding and practicing the Golden Rule, I was lucky to be blessed with an experience of Oneness where I felt bliss and connection with all of life. Everyone, and everything, were One with me in my heart. As we serve another, we serve ourselves, and we resonate more with the Divine Law of Oneness.

Eventually as you progress in practicing Oneness, you will see that Mother Earth, nature, all people, everything is you, and that all share the same Divine Spark of the Creator. Notice, that when you are peaceful inside, your outer experiences will become peaceful. When you support others, others will naturally support you.

It is an honor to serve you by sharing this love and wisdom. With deepest gratitude to all of you my equal brothers and sisters. We are all on equal paths to the Creator. Shine on in your life experiences! Radiate! Be the love you want to see in the world. From my heart to yours, God bless you all, Namaste.

The Energy Body

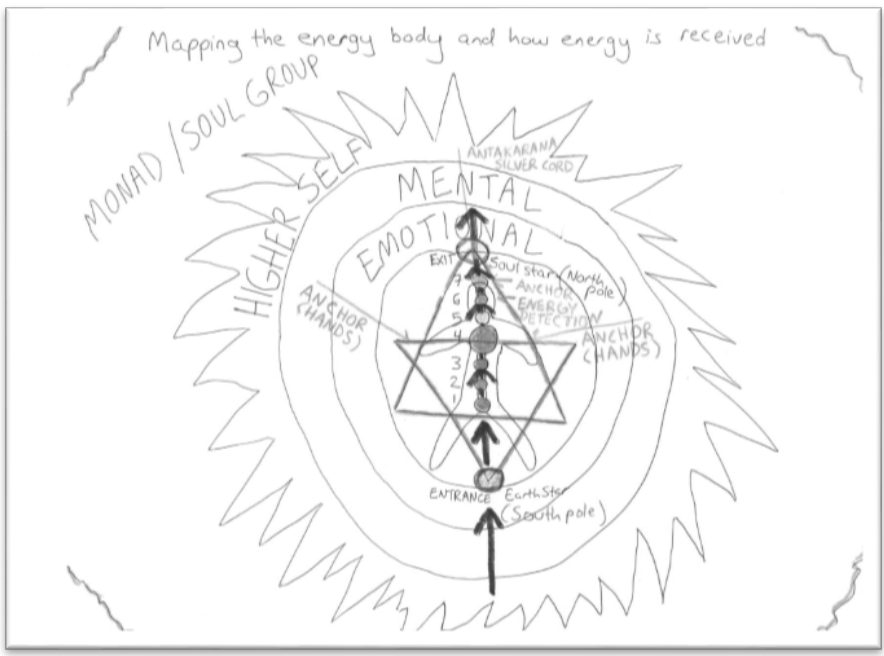
Greetings. Namaste my brothers and sisters. This is a discussion of the energy body. If what I say resonates with you, great. If not, then let it fall away.

My goal is to be of service to the whole, and I'm sharing my perspective of the

energy body, in hopes that it is beneficial, in applying to your life.

This is my perspective.

Here is a picture of the energy body from my experience. It is a general overview of the energy body. The energy body is quite complex, when you consider the meridians, and other connections into the central nervous system. This discussion is about the basic mechanics of the energy body.



As one reaches for Spirit, one receives connections with Spirit. It is a two-way street. I believe we are being upgraded, when cosmic energies are sent to the Earth, in order to develop our light bodies further, to manifest more of our Spirit on Earth.

Our physical bodies are surrounded by larger emotional bodies, which are surrounded by larger mental bodies, and even larger Spiritual bodies. Think of the Earth and its atmosphere, as an analogy. Some sources online, say that our Spirits are at least 30 feet or 9 meters across. That is why, when a Spiritual person walks into a room, others can detect them. The fields of each person are meeting each other. Light is detected at a subconscious level.

Beyond our Spiritual bodies, we have our Higher Self, and Monad, or Soul Group. We are connected together, beyond space and time, at the Soul Group, or Oversoul level. Sometimes we receive thoughts of another, on the other side of the world, this is evidence of that connection. Intuition is also evidence

of the connection, as our larger Spirit bodies send messages, to our mental bodies, and emotional bodies.

The two opposite triangles, the Star of David, the merging of duality into unity, can be overlaid over the physical body. The intersection of these triangles, is at the heart. The upward pointing triangle connects to the Soul Star, or the Alpha chakra. This is the Chakra of the Divine Masculine. The Godhead is a manifestation of the Divine Masculine. The downward pointing triangle connects to the Earth Star, or the Omega chakra. This is the Chakra of the Divine Feminine. Mother Gaia is a manifestation of the Divine Feminine. So is Mother Mary and Kwan Yin. Both Masculine and Feminine are equally important, and unify into Source. They are two sides of the same coin of Source, both equal expressions.

The Soul Star is reaching to Source, and the Earth Star is becoming Source. Another example of the Divine Masculine and Feminine in action, is the conscious and subconscious mind. The conscious mind is masculine and electric. The subconscious mind is feminine and magnetic. The subconscious mind magnetizes experiences to us, as delivered by our Higher Self. That is why it is important to continue to repeat positive thoughts and affirmations. We program our subconscious mind magnetically, in this way, to attract positive experiences. Then, we express gratitude, with our conscious minds, for those experiences, to attract more positive experiences, electrically to us.

As we grow in consciousness, the crown chakra of our head polarizes toward Source, and then energy follows consciousness, and Source energy flows into us, through the Omega chakra, and root chakra. This activates the Kundalini energy, and Shakti from the root chakra rises, to reach Shiva in the crown chakra. Shakti is a magnetic field, and Shiva is an electric field. The receiving of energy is very much in our bodies like the Earth. The Earth receives cosmic energies at both the north and south poles. Think about the aurora as an example. So, the energy in our fields, touches both the north and south poles of our bodies, and generates auroras at those locations. That is where the concept of the halo comes from. The aurora of energy from the crown chakra is so intense, it can be seen.

When energy is received, it is grounded in our hands, crown, and root chakra. The third eye and crown chakras detect the energy, and then it anchors in the hands, and then it downloads. This energy download, initiates the Kundalini in the root chakra, to rise to the level of energy consciousness. Each chakra is a level of consciousness. When Kundalini flows through all chakras, enlightenment is reached. This process has been sped up from multiple incarnations, into one incarnation, due to the Divine Plan.

Major chakra activations are called spiritual initiations. The process is controlled by the Higher Self, much like the heartbeat, and the process is unconscious. The Higher Self serves experiences to us in life, in order to

polarize, called catalysts. As we choose selflessness, we polarize toward the Higher Self (through the Alpha chakra). Then, the Higher Self delivers the energy, through the Omega chakra, and we are becoming the Higher Self. Energy follows consciousness, and consciousness follows energy. As our light body energy levels increase, we have more awareness, and can be of more service. As we serve more, we receive more energy. Eventually we become like the sun, shining on everyone, and everything, equally, and lifting everyone, and everything around us up.

The reason it feels time is speeding up, is on Divine purpose. Time is speeding up to serve us more life experiences, in a shorter time, in order to polarize quicker, and thus reach the stage of Harvest as the Law of One calls it. Since 2012, there have been two Earths, as Earth shifted into the photon belt, which sends cosmic energies originating from the Great Central Sun. There is a 3rd dimensional Earth, a 4th dimensional bridge, and a Fifth dimensional Earth. Those who choose service to self, or want to stay on 3rd dimensional Earth, are allowed to make their choice. The cataclysms will affect those on 3D Earth. The challenges, will be seen as much pain and suffering, at their stage of consciousness. Those who choose to move into the 5th dimension, will cross the bridge through the 4th dimension (Energy work like Reiki is an example of the bridge), and enter into the 5th dimensional New Earth of Oneness and Love. Cataclysms and challenges, are seen as opportunities to serve, at the 5d stage of consciousness.

Here is a story about my experiences.

In 2006-2008, I experienced cleansing of the root, sacral, and solar plexus chakras, as there was much density to be cleared from past lives. Most of the pressure and heat was experienced strongly, when density had to be cleared from the chakras. Densities are fixed beliefs, limitations, restrictions, lack of perspective, lack of unity, and lack of multidimensionality, etc. During this time, my third eye finally opened, after enough Reiki attunements, and felt like someone was pushing their thumb, between my eyes, from the inside of my head.

Then, in 2009, the Kundalini entered my heart chakra, after acts of selfless service, and I felt much spiritual fire in the heart, and I experienced bliss and oneness with everything and everyone, which accelerated my unconditional love. Then, in 2022, I was blessed with transfiguration, by the Christ Light of the Oversoul, again after acts of selfless service, experiencing connection with everything, and everyone, in Light, and accelerating my wisdom. Also, since 2022, I feel fast vibrating waves of Light, in my fields. Now, I am reaching out to others, and forming groups of Light on Earth, as a result of this elevation of consciousness, and increased spiritual energy.

My major initiations followed acts of selfless service. After the service experience, I felt energy in my crown, and then I went to lie down. Then, I felt

the energy in my hands. Then, the energy entered the root chakra, and flowed upwards toward the crown. I would feel heat and pressure in my chakras. As I progressed upon my spiritual path, the Light levels increased in my multibody system (physical, emotional, mental, and spiritual). Now, the focus is on right mind/awareness, right thought, right feeling, and right action. This is from the effect of light, on all of my bodies. Also, increased light, brings stillness/ mindfulness/zero point. Increased awareness, sees opportunities to serve.

How does this map of the energy body apply to you? We are all One, so perhaps you receive energy the same way. Or, perhaps you receive energy in different ways, as we are multiple facets of the same One Source. Do you experience Reiki attunements in this manner? Do you experience Distant Healing sessions in this manner? Do you experience spiritual initiations in this manner? Hopefully, this map of the energy body is helpful, for you in your understanding.

It is an honor to serve you by sharing this love and wisdom. With deepest gratitude to all of you my equal brothers and sisters. We are all on equal paths to the Creator. Shine on in your life experiences! Radiate! Be the love you want to see in the world. From my heart to yours, Namaste.

***

The next teaching relates to the Gene Keys. Visit http://www.genekeys.com to obtain your Gene Keys Hologenetic Profile and to take the Golden Path program which is a deep-dive into the Gene Keys.

***

God's Instrument

Greetings in the Love and Light of our Creator. Peace and Love to all of you.

Today's lesson is on The Path of Surrender. My goal is to be of Service to the Whole. To be Love in Alignment with Free Will. If this lesson resonates with you then great, if not then let it fall away. This is my perspective. We are all slices of the same truth, so I am open to your perspectives as well. Only when all sense of self is merged into the whole, can we realize the truth. My name is Chris or Christopher, which means the Christ Bearer, so this lesson for you is part of my purpose.

According to Richard Rudd's book The Gene Keys: Embracing your Higher Purpose, Gene Key 43 explains the Ascension or Awakening process eloquently. The Process is Survival, then Service, then Surrender. Let's

estimate that each phase of life is 30 years, but it is unique to each person. So approximately 30 years spent in Survival, followed by 30 years spent in Service, and followed by 30 years spent in Surrender. Only God knows how long each process takes, or where you are at, but this is a general guideline to paint a picture for you. Honestly, I'm starting to believe that younger generations take less time in each phase, as the Planet's vibration lifts more into Love, as we move closer to the Great Central Sun in the Universe. An example of a younger generation, would be the Crystal children.

So let's talk about the Survival phase. Survival is full 3D. 3D is designed, to allow us to make free will choices for polarity. At first, your purpose is Survival. The Survival phase in living in the shadows, as discussed in Richard Rudd's Gene Keys. Survival phase examples are "How do I get enough to eat/ drink, where is my shelter, and will I have enough money?" The vast majority of humanity is in this phase, but changes are happening behind the scenes, lifting humanity to the next phase. During this phase of Survival, humanity indulges in physical, emotional, and mental addictions. It is the avoidance of pain, and the acceptance of pleasure.

This phase has the ego in full bloom. The Survival phase is fear-based. The Survival phase is absorbed in negativity. The Survival phase is also all about the Selfish "I". In my Survival phase, I enjoyed the pleasures of the senses, which led to more suffering. I ended up nearly dying 3 times. During the Survival phase, Spirit is not understood. The losses and pain were wake-up calls, to enter the next phase. There had to be more to life than just suffering. That is when ignorance is removed, and awareness begins. In the next phase, Spirit starts being understood.

The next phase of Awakening is Service. Service is 4D and 5D. Many Lightworkers are in this phase. The Service phase leads to the Gifts, as discussed in Richard Rudd's Gene Keys. Service is embracing the shadows, taking responsibility for your actions, and unlocking the Gifts. The Service phase starts, when you open your heart, then re-connect with your Soul, and you ask "What is my Purpose? - My Purpose must be more than chasing money, and basic needs."

Your Soul will resonate back to you, and guide you to your Purpose. Once we enter into the Service phase, we begin to choose jobs, and volunteer work, that aligns with our purpose. Also, there are many techniques to connect to your Soul. It is my perspective that Reiki Healing, and other types of energy healing, Mantras and prayers, as well as Silent Meditation, connect you to your Soul. Simply being in Service to Others, to make others happy, will re-connect you to your Soul. You may get more psychic, and start reading thoughts, and feelings. When you awaken to your Soul-connection, you are more intuitive- following intuition, over what the mind thinks. You start to learn that what you do to others, is done to you, that the inner, and outer are

connected. You also start to learn that others are connected to you. The Service phase is the movement from Service to Self, to Service to Others. The negative polarity never enters the Service to Others phase, because it involves the opening of the heart.

In the Service phase, humanity is tired of indulgence, and selfishness, and finds satisfaction, in love to others. Service is work that feels good to the person, but there is still some separation between Service, and God, in the person's consciousness. The Service phase, is the gradual merging, of the human personality, with the Soul. The Involution of God's Grace, meets resonance, with the evolution of Humanity, searching for freedom. The Service phase begins the Path of Initiation. Richard Rudd talks about the initiations in Gene Key 22. Also Charles Leadbeater talks about it in the Masters and the Path. The Path is also found in Initiation - The Perfecting of Man by Annie Besant.

During the Service phase, the person moves into refining purity, in the thoughts, feelings, and body. Service is when the individual begins forgiving. The individual asks for forgiveness. Service is when gratitude is embraced. Gratitude leads to Satisfaction, which leads to Peace. Service is the movement of the person's entire being, into Service of the Whole. The questions at this phase are "Why does evil exist? Why is there so much suffering? What is God? What is Spirit? What is my purpose?"

As refinement, and connection to love gradually happens, then love filters through the person's being. That love vibration allows the higher Buddhic, Atmic, and Monadic bodies, to descend, and merge with the human personality. The Buddhic body (Divine heart) is the body of Oneness/Love/ Compassionate action, the Atmic body (Divine mind) is the body of Christ Consciousness, and the Monadic Body is The Oversoul/Group Soul, and the body of Divine Will. The Monadic body is Oneness with God. At this point in the phase, the person begins to release the Ten Fetters, as talked about in Buddhism, and follows Buddha's Noble Eight-fold Path.

The person lives, and breathes Spirit in daily life. Spirit overtakes the person's life. The connection with God, and the Ascended Masters, Angels, and other beings is stronger. The person begins absorbing spiritual wisdom at a rapid pace. I will leave some wisdom books, for recommended reading, down below. As a result, of all of the work in the Service stage, Oneness is experienced. Oneness is a result of God's Grace.

Duality is removed, the tree of knowledge of good and evil (duality), is uprooted, and the tree of life appears. Good and Evil are seen as expressions, sides of the same coin, as well as pleasure and pain. They are choices, that show contrast to each other. They are God's Will, and part of the 3rd density we live in, which has the purpose for us to choose our polarity.

Eventually, Service work, and worship/devotion to God, become one in the same. All life's experiences are seen as opportunities, and then, are seen as sacred. Doing good works on Earth, are all that matter, in the Service, and Surrender phases. During these phases, all individual needs are surrendered, for the needs of the whole. The person still has self-worth, and keeps healthy boundaries, but endeavors to be love in all actions. Empathy and compassion improves at this stage. This phase leads to becoming like a child, in awe of God's Grace and Beauty.

The Service Stage leads to the Surrender Stage. Surrender is 5D and 6D. Surrender is Oneness with Spirit. Surrender is Oneness with God. In this stage, only God exists, and all is God. There is nothing else. Only God. The grip of the mind on the human, is released at this stage. Past and Future are released, and only mindfulness- being in the Present happens. Only working from the heart exists. There is no judgment anymore, or negative thoughts, or feelings.

The Surrender stage leads to the Siddhis, as discussed in Richard Rudd's The Gene Keys. The Surrender stage starts with total Oneness with all of Creation. Unconditional Love for all beings. Love in alignment with the free will of each. This stage is the Surrender of the individual self, for the Greater Self. The merger of the human personality, with the Higher Greater Self. The Surrender of the Soul (which was the bridge of the human to God), and to merge completely with God. There is no individual "I" anymore. Everything in life is done for the Greater Good. Everything is done to please God. Have no desire, but the Desire for God. You can desire to make others happy, for that in the end God is pleased, since we are all One.

If you want an example of the Surrender stage, I invite you to read the book Mother Teresa, Come be My Light, the Private Writings of the Saint of Calcutta. In her prayers and letters, you can feel the Surrender. Another book about Surrender is St. Francis of Assisi's biography. Or simply read all 64 Gene Keys in The Gene Keys: Embracing your Higher Purpose by Richard Rudd. In the final act of Surrender, of all individual needs, desires and wants, the vessel becomes emptied. The Surrender of the individual self. It involves complete humility, and complete loss of the self. In a paradox, the vessel then becomes filled with God's presence. The Buddhic, Atmic, and Monadic bodies, combine fully with the human, but the human personality is driven to follow only God's Will. Remember The Buddhic body (Divine heart), is the body of Oneness/Love/Compassionate action, the Atmic body (Divine mind), is the body of Christ Consciousness, and the Monadic Body, is The Oversoul/ Group Soul, and the body of Divine Will. In the stage of Surrender, the human becomes Divine. If there is no human left in the vessel, only Divinity exists. Only God is this instrument, and this instrument is only God. At this point, all existence, all creation, is realized to be part of the body of God. Creation is cells in the body of God. Therefore, literally what you do to

another, is done to yourself, because all of Creation is seen as connected, with God's Love and Light.

The human personality has become the Adam Kadmon, the perfected human. The Divine human now sees with God's eyes, hears with God's ears, talks with God's voice, thinks with God's consciousness, and uses God's hands. The human vessel is now God's Instrument. Only God is present, as the human mind, emotions, and body, were sacrificed, and surrendered, in favor of God. All of life is seen as connected, with a stream of Eternal Light. All creation is seen as sparks of God. Serving another spark of God, is serving God, because you are a spark of God. That's why Mother Teresa says, I am only the Instrument, all Glory be to God. This is in fact, truth, at the Surrender stage. Not my will, but Thy Will. God's Will be done.

The Surrender phase is the dawning of the Christ, in each of us. The Christ Consciousness. Jesus said I AM THE WAY, I AM THE LIFE. This is because God was working through Jesus, and GOD IS THE WAY AND GOD IS THE LIFE. Once the Surrender phase is completed, the Ascension process on Earth, is completed. This would be the Communion, or 6th stage of Ascension.

The Surrender phase is freedom of the Law of Karma, as the individual was sacrificed, for the Greater Glory of God. God has no karma, so a former being is replaced with a Divine being, free of karma. The Soul is absorbed into the Monad, or Oversoul.

At the conclusion of the Surrender phase, the being is harvested, as the Law of One discusses, which is that the being has achieved 51% Service to Others or Greater, to be harvested into Eternal Life.

That is my understanding of the three phases that culminate in enlightenment. Today's lesson was about The Path of Surrender. My goal is to be of Service to the Whole. To be Love in Alignment with Free Will. If this lesson resonated with you, then great, if not then let it fall away.

This instrument of God, which expresses as Chris, honors the Divine in you. Peace and love to all of you. From my heart to yours, I love you all. With deepest eternal gratitude to all of you for listening to these words. I am the way, I am the light, I am the path, which leads to Eternal Life.

As Buddha says, I am the raft that leads to the shore. Do not mistake the raft, for the shore. Go onwards, my brothers and sisters, to the shore. God is the shore. God is All That Is. Who has ears, let them hear.

The Divine in me honors the Divine in you. Shine on my brothers and sisters. Wishing God's Grace upon all of you. God's Will be done on Earth, as it is in Heaven. Praise the Lord our God on High! Kodoish Kodoish Kodoish Adonai Tsebayoth! God bless you. Namaste my brothers and sisters.

***

Service Phase Book Reading (Not an all-inclusive list; find what resonates with you):

The Complete Ascension Manual by Dr. Joshua David Stone;

Beyond Ascension by Dr. Joshua David Stone;

The Law of One 101- The Choice by Carla Rueckert;

Book of Knowledge: Keys of Enoch by Dr. JJ Hurtak;

Bhagavad Gita;

Pistis Sophia translated by G.R.S. Mead;

The Goal of Life by Hiram Butler;

The Causal Body and the Ego by Arthur E. Powell;

Initiation, Human and Solar by Alice A. Bailey;

The Masters and the Path by C.W. Leadbeater;

108 Lectures of Wisdom at http://www.maharishiphotos.com/lecture1.html

21 Essential Lessons (Vol. 1 and 2) by AMTF;

The Gene Keys: Embracing your Higher Purpose by Richard Rudd; Also check out https://genekeys.com/

The Voice of the Silence by Helena Blavatsky;

The Corpus Christi - Science of the Rainbow Body by Richard Rudd; Also check out https://genekeys.com/

Surrender Phase Book Reading (Not an all-inclusive list; find what resonates with you):

Mother Teresa, Come be my Light: The Private Writings of the Saint of Calcutta

St. Francis of Assisi, A Biography by Omer Englebert

The Corpus Christi - Science of the Rainbow Body by Richard Rudd; Also check out https://genekeys.com/

The Gene Keys: Embracing your Higher Purpose by Richard Rudd; Also check out https://genekeys.com/

Surrender Phase Quotes:

"As a being, standing in the sun, suffused with its light, and pouring it forth, would feel no difference between ray and ray, but would pour forth along one as readily and easily as along another, so does one on the buddhic plane feel brotherhood (or sisterhood) and pours themself into any one who needs their help. One sees all beings as themself, and feels that all one has is another's as much as one's: in many cases, more another's than one's, because their need is greater, their strength being less."

- Arthur E. Powell

"Think, not what you want to do, but what you can do that will help someone else; forget about yourself, and consider others. A pupil must be consistently kind, obliging, helpful- not now and then, but all the time."

- The Master Kuthumi (The Masters and the Path, p. 80)

Chapter 5- Wisdom- Steps to finding the Divine within

Gratitude is the sign of noble souls.

- Aesop

Pray to the Divine, have faith in the Divine.

Connect with the Divine (Meditation/Solfeggio frequencies/attunements/ healing etc.).

See the Divine using Higher Sight via the third eye chakra.

Communicate with the Divine telepathically.

Look for clues the Divine leaves- numbers, lyrics of songs etc.

Surround yourself with Loving music and TV (romance/comedy are good). This raises the vibration of your emotional body and subconscious.

Surround yourself with Loving people.

Be brave to lift a negative person up, by helping them find Love (in alignment with free will). This lifts the vibration of the collective.

Have right thought/mind, right words, and right action.

Keep healthy boundaries. Respect another and respect self.

Reciprocate- Give Love and Receive Love.

Every day have an affirmation- Today is a great day, all is perfect, all is well, all will be well, Today I am happy, Today I make others happy- This heals the mental body and the subconscious.

Be love to self and others (forgive self and others, help when you are able, respect free will- free will just is).

Slow down the mind using Mindfulness- Stay in the present moment- It is the only moment, where our physical bodies exist. The present moment has the only power for conscious decisions. The past and future are the realm of the subconscious, but not the conscious. Embrace the present moment. See the beauty of the present moment, as a child sees (with awe for God's grace and God's beauty).

In the present moment, consciously recognize that life is full of lessons (opportunities). This allows you to face karma, and cleanse it quickly. Don't worry if you did not respond correctly in a situation, that situation will spiral back. It will be the same lesson with different characters, or scenery, the next time. You will have another chance to solve the situation. Each lesson is an opportunity for selflessness, or selfishness. Each choice you make in the

lesson, encourages your pull upwards, or downwards. A momentum builds. You attract the outer experiences in life, reflected by your inner nature.

Remember, there is always someone above you, and below you. Follow the middle way. You can always learn from others, and you can always help another, by lifting them up.

Listen more than you speak. Acknowledge each other. Be love in alignment with free will. Respect others. Love your neighbor as yourself. Follow the Golden Rule.

Realize we are all connected, and all One. What we do to another, ripples through the universe, and comes back.

Share in the banquet of Life together. Lead another to God, in alignment with their free will. Never force your views on anyone. However, if they ask for help, or guidance, then guide them. Realize we are all equal brothers and sisters, destined for the Divine (in each's own time, as their free will allows).

Equally love all beings. Equally respect free will. Remove all ego and pride. We are all in this together.

We are all equal Divine sparks of God. Look into the eyes of another. When you see their soul, or your own soul, looking back, you're in higher consciousness. We're all connected. (From Vash Narain Reiki on Facebook and so true).

Be compassion and empathy in action. Be generous, and you attract prosperity. Be satisfied, and have gratitude, and you attract prosperity.

Energy follows consciousness. Also known as "Where Intention Goes Energy Flows." Focus on selfless Love, to open the heart chakra, then focus on selfless Love expression, and then surrender, to Divine Will. The Kundalini will purify the root, then sacral, then solar plexus, then heart, through throat, through third eye chakras, and this opens the crown chakra. Kundalini is felt as pressure, and heat, as it moves through the chakras.

Only Divine Love and Wisdom exist (Buddhic). Only Divine Thoughts exist (Atmic). Only Divine Will exists (Monadic).

Be love, do good works on Earth, every situation is an opportunity to Love. Fall in love with love.

Have total surrender to God. Not my will but Thy will. Total surrender of all separation to God. The lower thoughts, feelings, and physical body, are all illusion (their separation from God).

The truth is Divine Will, Divine Mind, Divine Heart/Love/Wisdom, Divine Completion, and Divine Unity. The truth is your Higher Self, and the Divine inside, and outside everywhere. All is One. All is Love and Light.

God's Grace be upon you always. The Love and Light of our Creator be upon you always. I appreciate each of you. I bow to the Divine in each of you. Thank you for all that you are. Shine on my brothers and sisters!

Chapter 6- Wisdom from the Masters

“Be universal love--radiating towards no one object or person in particular but, like the sun, shining on everything in its path”

- Buddha

“We all have good and bad seeds inside of us, it depends on which seeds we water, that is what we grow and harvest.”

- Thich Nhat Hanh (paraphrased from a recorded teaching)

“In the middle of difficulty lies opportunity.”

-Albert Einstein

“I AM Life being lived, I go with the flow, I stay in the moment and filter my thoughts and feelings through my heart as I commit to loving action in service to others, I AM worthy, I give and receive love as the moment presents itself, I AM gratitude for all blessings, I accept all challenges as opportunities to grow, I send impersonal love to all beings recognizing all deserve love, I AM love in alignment with free will, I detach from outcomes and know God's Will is done. I AM an instrument of God's Will. A cup of love that flows over. I bow to the Love and Light in all of you. We are All One.”

- My Higher Self (during a message to me in meditation)

“Be universal Love. You are the river. You flow. Free will exists here and will always exist here as this is the nature of this density. Not everyone is ready to accept your love. These are the barriers, the rocks. The water simply flows where it is accepted. The love flows where it is accepted. The water flows around the rocks, the barriers people create. But what happens when rocks are near the river? They are carved slowly by the water. So just keep flowing your love. Being near your love will break the barriers in due time. Continue to flow your love like the water and you make a difference for the whole planet.”

- My Higher Self (during a message to me in meditation)

“Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.”

- Sri Ramana Maharshi

“Your own Self-Realization is the greatest service you can render the world.”

- Sri Ramana Maharshi

“You can only stop the flow of thoughts by refusing to have any interest in it.”

- Sri Ramana Maharshi

“Your duty is to be and not to be this or that. 'I am that I am' sums up the whole truth. The method is summed up in the words 'Be still'. What does stillness mean? It means destroy yourself. Because any form or shape is the cause for trouble. Give up the notion that 'I am so and so'. All that is required to realize the Self is to be still. What can be easier than that?”

- Sri Ramana Maharshi

“There is neither Past nor Future. There is only the Present.”

- Sri Ramana Maharshi

“All that is required to realize the Self is to “Be Still.”

- Sri Ramana Maharshi

“The only useful purpose of the present birth is to turn within and realize the Self.”

- Sri Ramana Maharshi

“Grace is always present. You imagine it is something somewhere high in the sky, far away, and has to descend. It is really inside you, in your Heart, and the moment you effect subsidence or merger of the mind into its Source, grace rushes forth, sprouting as from a spring within you.”

- Sri Ramana Maharshi

“Complete surrender does require that you have no desire of your own, that God’s desire alone is your desire and that you have no desire of your own.”

- Sri Ramana Maharshi

“If a person overlooks the faults of others, and sees only their merits, and thus keeps his mind serene, his whole life will be happy. To be unconcerned in all

things, with the mind cool, free of desires and without hate, is beautiful in a seeker."

- Sri Ramana Maharshi

"It is enough that one surrenders oneself. Surrender is to give oneself up to the original cause of one's being. Do not delude yourself by imagining such a source to be some God outside you. One's source is within oneself. Give yourself up to it. That means that you should seek the source and merge in it."

- Sri Ramana Maharshi

"Do what is right at a given moment and leave it behind."

- Sri Ramana Maharshi

"As One reaches the Buddhic plane of Consciousness, Oneness is Experienced."

- My Higher Self (during a message to me during meditation)

"As a being, standing in the sun, suffused with its light, and pouring it forth, would feel no difference between ray and ray, but would pour forth along one as readily and easily as along another, so does a man on the buddhic plane feel brotherhood and pours himself into any one who needs his help. He sees all beings as himself, and feels that all he has is theirs as much as his: in many cases, more theirs than his, because their need is greater, their strength being less."

- Arthur E. Powell

"Father....Not my will, but yours be done."

- Jesus/Jeshua (Luke 22:42)

Perfect Attributes of the 7 Rays:

1. Strength.

"I will be strong, brave, persevering in his service."

2. Wisdom.

“I will attain that intuitional wisdom which can be developed only through perfect love.”

3. Adaptability or Tact.

“I will try to gain the power of saying and doing just the right thing at the right moment—of meeting each man on his own ground, in order to help him more efficiently.”

4. Beauty and Harmony.

“So far as I can, I will bring beauty and harmony into my life and surroundings, that they may be more worthy of him; I will learn to see beauty in all Nature that so I may serve him better.”

5. Science (detailed knowledge).

“I will gain knowledge and accuracy, that I may devote them to his work.”

6. Devotion.

“I will unfold within myself the mighty power of devotion, that through it I may bring others to him.”

7. Ordered Service.

“I will so order and arrange my service of God along the lines which he has prescribed, that I may be able fully to take advantage of the loving help which his holy Angels are always waiting to render.”

- C.W. Leadbeater

“The Heart (Love) is the key to leaving the matrix of separation and entering the Unity of God.”

- My Higher Self (during a message to me during meditation)

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.” - John Wesley

“No act of kindness, no matter how small, is ever wasted.”

- Aesop

“Gratitude is the sign of noble souls.”

- Aesop

“That which is above is from that which is below, and that which is below is from that which is above, working the miracles of one.”

- Hermes Trismegistus

“Be the I within the I. Be the observer within the doer.”

- My Higher Self (during a message to me during meditation)

“If I do not go to the hell to help the suffering beings there, who else will go? ... if the hells are not empty I will not become a Buddha. Only when all living beings have been saved, will I attain Bodhi.”

- Ksitigarbha

“Love is the glue of the universe. Through acts of Love we attract our Spirit. May we realize that We are all One.”

- My Higher Self (during a message to me during meditation)

“You are accepted and loved with open arms. May you be blessed. We are ready to assist you when you need our help.” - Law of One response

“The fruit of silence is prayer; the fruit of prayer is faith; the fruit of faith is love; the fruit of love is service; the fruit of service is peace.” - Mother Teresa

“The sign of a great leader is not one who receives power from others, but one who empowers others. When leadership works, it creates leaders, not followers. True leadership is not about amassing followers, it is about building teams, it is about creating social structures that effect change, however small or great, in the world.”

- Unknown

“Be the master and cause of your reality, not the victim of it.”

- My Higher Self (during a message to me during meditation)

“Tend the fire of your heart- with each act of love the fire grows more toward me.”

- God (during a message to me during meditation)

“Do good works on Earth.”

- God (during another message to me)

“If you judge people, you have no time to love them.”

- Mother Teresa

“It's amazing Molly. The love inside, you take it with you.”

- Sam to Molly before ascending to heaven in the movie Ghost

“No life can express, nor tongue so much as name, what this enflaming, all-consuming love of God is. It is brighter than the sun, it is sweeter than anything called sweet; it is stronger than all strength; it is more nutrimental than food, more cheering to the heart than wine, and more pleasant than all the joy and pleasantness of the world. Whoever obtaineth it is richer than any monarch on Earth; and he who getteth it is nobler than any emperor can be, and more potent and absolute than all power and authority.” - Jakob Böhme

“Wisdom tells me I am nothing. Love tells me I am everything. And between the two my life flows.”

- Nisargadatta Maharaj

“The final goal is to help humanity achieve all seven levels of initiation instead of focusing on your own. In truth, you live as much in your brother and sister as you live in yourself. To help your brother and sister is to help yourself, for your brother and sister are you, since God has only one child. Any time you hold back on giving to your brother and sister due to competition, ego factors, or separation, you are, in truth, just shorting yourself. Your brother and sister are mirrors, and what you receive in this incarnation is exactly what you give- no more and no less. Make the choice never to compete or compare and, for the most part, to keep the statistical aspects of your spiritual growth to yourself, for in truth, all are God, whether

they have taken any initiations or not."

- Dr. Joshua David Stone

"I have been all things unholy. If God can work through me, He can work through anyone."

- St Francis of Assisi

"A human being is part of the whole called by us universe, a part limited in time and space. We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined primarily by the measure and the sense in which they have obtained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive."

- Albert Einstein

"When the power of love overcomes the love of power, the world will know peace."

- Sri Chinmoy Ghose

"Be universal in your love. You will see the universe to be the picture of your own being."

- Sri Chinmoy Ghose

"When you chase the light, darkness cannot catch you."

- Unknown

"For where there is reverence for good works and light in the mind, even darkness fleeth away from him."

- The Testament of Benjamin, from the Apocrypha

"The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and

earnestly."

- Buddha

"Always be nice to people on the way up; because you'll meet the same people on the way down."

- Wilson Mizner

"Become a conscious observer and practice detachment. Do not allow yourself to be pulled into a vortex of negative energy created by others. Learn to stand firm and in control, as the director of your sacred energy. Do not allow anyone to disturb your serenity and harmonious nature."

- Ronna Herman

"Jesus said, "There was a rich man who had much money. He said, 'I shall put my money to use so that I may sow, reap, plant, and fill my storehouse with produce, with the result that I shall lack nothing. Such were his intentions, but that same night he died. Let him who has ears hear."

- The Gospel of Thomas, from the Apocrypha

"Do not hold grain waiting for higher prices when people are hungry."

- Zoroaster, also known as Zarathustra

"Jesus said, "If your leaders say to you, 'Behold, the kingdom is in the sky,' then the birds in the sky will get there before you. If they say to you, 'It is in the sea,' then the fish will get there before you. Rather, the kingdom is inside you and outside you. When you know yourselves, then you will be known, and will understand that you are children of the living Father. But if you do not know yourselves, then you live in poverty, and embody poverty."

- The Gospel of Thomas, from the Apocrypha

"Be good, be kind, be humane, and charitable; love your fellows; console the afflicted; pardon those who have done you wrong."

- Zoroaster, also known as Zarathustra

"Ever since happiness heard your name, it has been running through the streets trying to find you."

- Hafiz

“Father, forgive them for they know not what they do.”

- Jesus, from Luke 23:34

“As you sow, so shall you reap.”

- Jesus

“When the Nazis came for the communists, I remained silent; I was not a communist. When they locked up the social democrats, I remained silent; I was not a social democrat. When they came for the trade unionists, I did not speak out; I was not a trade unionist. When they came for the Jews, I remained silent; I was not a Jew. When they came for me, there was no one left to speak out.”

- Pastor Martin Niemöller (1892–1984)

“For the Light is with me, and I myself am with the Light.”

- Pistis Sophia, A sacred Gnostic text

“LOVE IS THE TRUTH

LOVE IS THE WAY

AND LOVE IS THE LIFE

NO ONE COMES UNTO GOD UNLESS THEY KNOW HOW TO LOVE”

- Christian Andreason

Chapter 7- Divine Laws

That which is above is from that which is below, and that which is below is from that which is above, working the miracles of one.

- Hermes Trismegistus

#1 – The Law of Free Will (Free Will exists, and We all have Free Will that must be respected.....Also allows the Choice for positive or negative polarity).

#2 – The Law of Cause and Effect (also known as Karma or the Law of Balance).

#3 – The Law of Divine Compensation (Good deeds will be rewarded, Be Open to Receive from all sources, both seen, and unseen; The Law of Attraction- Take action steps and then be open to receive).

#4 – The Law of Grace (You are graced with miracles beyond your imagination, Express gratitude for Grace).

#5 – The Law of Oneness (Everything and Everyone is connected. Everything we do has a ripple effect which affects the collective. Life is Many and the One, Life is Unity in Diversity. We are all One).

#6 – The Law of Divine Intervention (Prayer and Forgiveness for Self and Others, the Divine is here to support you).

#7 – The Law of Correspondence (As Above, So Below).

#8 – The Law of Absolution (Life has lessons that are full of opportunities).

#9 – The Law of Infinite Possibilities (Be open to all possibilities for your highest and greatest good).

#10 – The Law of Guidance (There are Divine clues along the way).

#11 – The Law of Gender (Masculine and Feminine energies exist in all things, both are different sides of the same coin, equally important).

#12 – The Law of Rhythm (There is Movement and a Rest, Everything has cycles and rhythm, Example- think of the seasons Spring, Summer, Fall, Winter).

#13 – The Law of Polarity (Everything has polarity- good and evil, hot and cold, love and fear, all are two sides of the same coin...contrast brings clarity).

#14 – The Law of Vibration (Everything vibrates at different levels, and Everything is in constant motion, Vibrations can affect Vibrations, Example- good vibes make you smile, bad vibes make you uneasy).

Chapter 8- The Path of Dharma

Do good works on Earth.

- God

This chapter was inspired by Tom Kinney. This chapter discusses my interpretation of the 5 hindrances, 10 fetters, 7 awakening factors, and the Noble Eight-fold Path. Contemplate these. How are these related to your awakening? How have you experienced these?

The five hindrances are:

Sensory desire: seeking for pleasure through the five senses of sight, sound, smell, taste and physical feeling.

Ill-will: feelings of hostility, resentment, hatred and bitterness.

Sloth-and-torpor: half-hearted action with little or no effort or concentration.

Restlessness-and-worry: the inability to calm the mind and focus one's energy.

Doubt: lack of conviction or trust in one's abilities.

From https://en.wikipedia.org/wiki/Five_hindrances

There are ten fetters (or chains) and associated awakening stages:

A "Stream-enterer" is free from:

1. Identity view, the belief that there is a fixed self in the five impermanent material forms. Basically being trapped in the material illusion.

2. Attachment to rites and rituals

3. Doubt about the teachings

A "Once-returner" has greatly lessened:

4. Sensual desire

5. Ill will

A "Non-returner" is free from:

4. Sensual desire

5. Ill will

An Arhat is free from all of the five lower fetters and the five higher fetters,

which are:

6. Attachment to form (desire for form)*

7. Attachment to formless (desire for formless)*

8. Conceit

9. Restlessness

10. Ignorance

*Release of these two is to surrender to God's Will, to become the instrument, where one transcends both the form and the formless simultaneously. God or Source is beyond both dual states. This is called entering zero point or unity.

From https://en.wikipedia.org/wiki/Four_stages_of_awakening

Seven factors of awakening

In Buddhism, the Seven Factors of Awakening are:

Mindfulness- To maintain awareness of reality, in particular the teachings.

Investigation of the nature of reality

Energy also determination, effort

Joy or rapture

Relaxation or tranquility of both body and mind

Concentration- a calm, one-pointed state of mind, or "bringing the buried latencies or samskaras into full view"

Equanimity- To accept reality as-it-is without craving or aversion.

From https://en.wikipedia.org/wiki/Seven_Factors_of_Awakening

The Noble Eight-fold Path:

The Eight Buddhist practices in the Noble Eight-fold Path are:

Right View: Our actions have consequences, death is not the end, and our actions and beliefs have consequences after death. The Buddha followed and taught a successful path out of this world and the other world (heaven and underworld/hell).

Right Resolve or Intention: The giving up of material desires and adopting the life of a spiritual person in order to follow the path; this concept aims at peaceful renunciation, into an environment of non-sensuality, non-ill-will

(moving to loving kindness), away from cruelty (to compassion). Such an environment aids contemplation of impermanence, suffering, and non-self.

Right Speech: No lying, no rude speech, no telling one person what another says about him/her to cause discord or harm their relationship.

Right Conduct or Action: No killing or injuring, no taking what is not given, no sexual misconduct, and no material desires.

Right Livelihood: No trading in weapons, living beings, meat, liquor, and poisons.

Right Effort: Preventing the arising of unwholesome states, and generating wholesome states. This includes "guarding the sense-doors", and restraint of the sense faculties.

Right Mindfulness: A quality that guards or watches over the mind; the stronger it becomes, the weaker unwholesome states of mind become, weakening their power "to take over and dominate thought, word and deed." Never be absent minded, being conscious of what one is doing; this encourages the awareness of the impermanence of body, feeling and mind.

Right samadhi: This is interpreted as concentration or one-pointedness of the mind, and supplemented with vipassana meditation, which aims at insight.

From https://en.wikipedia.org/wiki/Noble_Eightfold_Path

Bibliography

Andreason, Christian quote. https://www.near-death.com

Bailey, Alice A. Initiation, Human and Solar. New York: Lucis Publishing Co., 1922.

_____. A Treatise on White Magic. New York: Lucis Publishing Co., 1934.

_____. Esoteric Psychology, Vols. I and II. New York: Lucis Publishing Co., 1936, 1942.

_____. Discipleship in the New Age, Vols. I and II. New York: Lucis Publishing Co., 1944, 1955.

_____. The Reappearance of the Christ. New York: Lucis Publishing

Co., 1948.

_____. A Treatise on Cosmic Fire. New York: Lucis Publishing Co., 1951.

_____. The Externalization of the Hierarchy. New York: Lucis Publishing Co., 1957.

_____. The Rays and the Initiations: A Treatise on the Seven Rays. New York: Lucis Publishing Co., 1960.

_____. Serving Humanity. New York: Lucis Publishing Co., 1972.

_____. Ponder on This. New York: Lucis Publishing Co., 1971.

_____. The Soul, the Quality of Life. New York: Lucis Publishing Co., 1974.

_____. I AM Discourses, Vol. 12. Schaumburg, IL: St. Germain Press, 1987.

Cooper, Diana. Invocation and Meditation for the Archangels. https://www.dianacooper.com

Eadie, Betty quote. https://www.near-death.com

Hawkins, David R, MD, Ph.D. Power vs. Force. Hay House LLC, 2014.

Kribbe, Pamela. The Jeshua Channelings: Christ Consciousness in a New Era. Booklocker.com, 2008.

Leadbeater, C.W. The Masters and the Path. Adyar, Madras, India: 1925. The Theosophical Publishing House.

Murray, Steve. The Reiki Ultimate Guide: Learn Sacred Symbols and Attunements Plus Reiki Secrets You Should Know. Las Vegas, NV: Body & Mind Productions, 2003.

Powell, Arthur E. The Causal Body and the Ego. The Theosophical

Publishing House. 1928.

Rudd, Richard. The Gene Keys: Embracing your Higher Purpose. Watkins Publishing. 2009.

Rueckert, Carla L. Living the Law of One 101: The Choice. L/L Research. 2009. Available at https://www.bring4th.org

Russell, Walter. The Secret of Light. University of Science and Philosophy. 1947.

Smith, Cullen Baird and Orleane, Pia, Ph.D. Remembering Who We Are: Laarkmaa's Guidance on Healing the Human Condition. One Water Press, 2013.

Sri Ramana Maharshi Quotes.

https://www.goodreads.com/author/quotes/201908.Ramana_Maharshi?

Stone, Joshua David. The Complete Ascension Manual: How to Achieve Ascension in This Lifetime. Sedona, AZ: Light Technology Publishing, 1994.

_____. Beyond Ascension: How to Complete the Seven Levels of Ascension experience. Sedona, AZ: Light Technology Publishing, 1995.

_____. Cosmic Ascension: Your Cosmic Map Home. Sedona, AZ: Light Technology Publishing, 1997.

Taylor, Ruth Mattson. Witness from Beyond. Foreword Books, 1975.

Tolle, Eckhart. A New Earth: Awakening to Your Life's Purpose. Penguin, 2005.

Tolle, Eckhart. The Power of Now: A Guide to Spiritual Enlightenment. New World Library, 2004.

Additional Recommended Resources

Book of Knowledge: Keys of Enoch by Dr. JJ Hurtak

The Law of One teachings available online at https://www.lawofone.info

Check out Aaron Abke's channel at https://www.youtube.com/@AaronAbke

Read about Fundamental Well-Being at https://www.nonsymbolic.org/types-of-fundamental-wellbeing/

Read about Initiations at https://www.thepranichealers.com/initiation

Check out RJ Spina's channel at https://www.youtube.com/@AscendtheFrequencies

Connect with Bashar at https://bashar.org

Great solfeggio frequency videos are found at https://www.youtube.com/@PowerThoughtsclub

Bhagavad Gita

Pistis Sophia translated by G.R.S. Mead

The Goal of Life by Hiram Butler

108 Lectures of Wisdom at http://www.maharishiphotos.com/lecture1.html

21 Essential Lessons (Vol. 1 and 2) by AMTF

The Gene Keys: Embracing your Higher Purpose by Richard Rudd

The Corpus Christi - Science of the Rainbow Body by Richard Rudd

The Voice of the Silence by Helena Blavatsky

The Secret Doctrine by Helena Blavatsky

The Chakras by C.W. Leadbeater

Clairvoyance by C.W. Leadbeater

The Astral Plane by C.W. Leadbeater

The Devachanic Plane by C.W. Leadbeater

Dreams: What They Are and How They Are Caused

by C.W. Leadbeater

The Other Side of Death by C.W. Leadbeater

Man Visible and Invisible by C.W. Leadbeater

Initiation, The Perfecting of Man by Annie Besant

Death- and After? by Annie Besant

In the Outer Court by Annie Besant

Karma by Annie Besant

The Etheric Double: The Health Aura of Man by Arthur E. Powell

The Astral Body and Other Phenomena by Arthur E. Powell

The Mental Body by Arthur E. Powell

View more Recommended Reading at

http://ccomish.blogspot.com

Afterword

Thank you for reading this book. This book is an introduction to teachings which have been available on Earth for thousands of years. Many of these teachings were held in esoteric groups until the time was right for their re-emergence. Only recently, as late as the 20th Century, were the teachings re-discovered, and popularized, into the New Age genre of today.

You are invited to spread knowledge about this book to assist humanity with re-claiming its Divinity. Feel free to rate this book on various retailer websites to attract more people to this book. May all beings be blessed.

It is with deepest gratitude to All That Is, that Spirit is able to manifest on Earth, and return to lift all people up, to that which is beyond words. A great thank you to all guides, masters, guardians, angels, and many unnamed, who show the truth, beyond the veil of illusion, many people find themselves trapped in. May the illusion of separation be forever vanquished. May Love always guide your way in service of all beings.

God bless you. I bow to the Divine in you. Namasté.

About the Author

Chris Comish is a Reiki Master / Teacher, White Magician, and Priest in the Order of Melchizedek. He is known as Qan Melchizedek (Qan Dek) from Shamballa and is a Starseed from the Pleiades and Sirius.

Qan Dek is his spiritual name which Qan is derived from Quan (Yin) which means compassionate one, and Dek is short for Melchizedek, the guiding spiritual order of the ages.

Chris Comish is a member of the Seventh Ray ashram of Saint Germain and the Second Ray Ashram of Masters Kuthumi and Djwhal Khul. His teachers are Saint Germain, Master Kuthumi, Djwhal Khul, Sanat Kumara, the

Buddha, Jesus Christ, Quan Yin, the Lord of Sirius, Lord Melchizedek and Archangel Metatron. His protector is Archangel Michael.

Chris Comish is part of the Great Brotherhood of Light/Great White Brotherhood, mentioned by the Ascended Masters in their messages, where Chris convenes with the Brotherhood during meditation.

Chris Comish is here to lift others up in Love and Light. Chris is the founder of The City of Shamballa social network at https://www.cityofshamballa.net and his videos can be watched at his YouTube channel at https://www.youtube.com/user/OnenessAndLove

All thanks are attributed to the Divine. Special thanks to Archangel Metatron and the Order of Melchizedek for inspiring this book and its contents.

Books by the Author

Eternal Spirit (2011) (Non-Fiction)

Eternal Spirit Audiobook (2023) (Non-Fiction)

The Earth Gate (2012) (Fiction)

The Earth Gate Audiobook (2023) (Fiction)

The Path of Oneness (2022) (Non-Fiction)

The Path of Oneness Audiobook (2023) (Non-Fiction)

Attunements and Healing sessions

Alpha Omega Healing Session (2010)

28 Powerful Reiki Attunements (2012)

Alpha Omega Healer Activation (2022)

Axiatonal Lines Connection Attunement (2022)

Cosmic Ray Attunements (2022)

Distant Healing Session (2023)

Purification Healing Session (2023)

Essene Healing Session (2022)

Full Spectrum Healing Attunement (2022)

Gold Reiki Attunements (2022)

Golden Ray Empowerment (2022)

Green Tara Seichim Reiki Attunement (2022)

Higher Self Joy/Bliss Connection (2022)

Imara Reiki Attunement (2022)

Karuna Ki Reiki Attunement (2022)

Kundalini Reiki Attunements (2022)

Lavender Flame Reiki Attunement (2022)

Medicine Buddha Reiki Attunement (2022)

Metatron Initiations (Select Retailers) (2022)

New Usui Reiki Attunements (2022)

Orb of Life Attunement (2022)

Planetary Ray Attunements (2022)

Silver Violet Flame Reiki Attunement (2022)

Usui Reiki Attunements (2022)

Reiki Healing | Heal Worry and Anxiety (2023)

Reiki Healing | Heal Repression (2023)

Reiki Healing | Heal Denial (2023)

Reiki Healing | Heal Shame (2023)

Reiki Healing | Heal Rejection (2023)

Reiki Healing | Heal Guilt (2023)

Reiki Healing | Heal Separation (2023)

Reiki Healing | Heal Gossip (2023)

Reiki Healing | Heal Blame (2023)

Reiki Healing | Heal Jealousy and Envy (2023)

Reiki Healing | Heal Lack (2023)

Reiki Healing | Heal Hate (2023)

Reiki Healing | Heal Anger (2023)

Reiki Healing | Heal Rage (2023)

Reiki Healing | Heal Addiction (2023)

Reiki Healing | Heal Arrogance (2023)

Book of Healing (2024)

Wisdom

Book of Wisdom (2025)